EMF Balancing Technique®

Honoring Humanity

# Phase IV

# *Energetic Accomplishment and Potential*

# Day 1

v. 2010.5

The Team

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## Workshop Checklist - Day 1

**Assemble the following materials before conducting the workshop:**

Audiovisual equipment: video player and monitor, overhead projector (optional), CD player, LCD data projector (optional)

Phase IV student workbooks

Forms

Miscellaneous spare materials for students (pens, pads, markers)

Wall charts (if available)

Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre

Extra chairs with no arms, for conducting Intro Session

**Teaching materials:**

Phase IV teacher manual

(1) Energetic Body Preparation workbook

(1) Phase IV student workbook

Pre-illustrated flip charts (created by EEI – in PDF and PowerPoint formats)

Pre-prepared flip charts (created by teacher)

Markers (various colors)

Transparency or PowerPoint slides (optional)

Music (CD) for practice sessions and meditations

Timer (or other timing device)

**Prepare:**

Flip charts (created by teacher)

Training facility arrangements (if necessary)

Schedule of next class dates

**Optional:**

UCL posters, CDs, DVDs, introductory videos and Elegant Empowerment for purchase

## Manual Icons

References the page in the student's workbook which contains the information which you are discussing

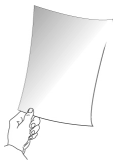
Indicates you will be showing a video. It is important to highlight what your students will be seeing; inform them if you want them to be looking for anything specific in the video and how many minutes the video will run

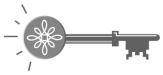
Indicates that the information you are presenting is referenced on the EEI prepared flip chart

*** Indicates that the information you are presenting is referenced on a flip chart that is prepared by you, the teacher

Indicates an optional energy exercise

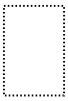
Indicates a point of transition between topics

 Indicates a handout



Indicates a key learning point and an opportunity for you to emphasize to the class that the information being presented is important

Indicates a musical selection of your choice



Indicates a picture or slide

Indicates especially important information

## Teacher's Template

Note: Prior to the beginning of class complete the Teacher's Template which is an exercise that facilitates the energetic posture appropriate to teach the EMF Balancing Technique.

**I. Place your attention in your Center Above**

Give the intent for **Descent of Light:**

*"I now give permission to allow the platinum energy to flow through the light pattern of the Teacher's Template. I give permission for the pure resonance of this alignment to create the appropriate calibration of being in service as I teach the EMF Balancing Technique. As the energy descends, I become very focused and I Remember I Am."*

**II. Place your attention in your crown center and third eye**

Give the intent for **Wisdom:**

*"I now give the intent for the platinum energy to flow through my crown center and the area of my third eye, increasing the expression of my inner wisdom."*

**III. Place your attention in your throat**

Give the intent for **Power:**

*"The words that I speak when I am teaching carry power; the energy responds when I amplify it."*

**IV. Place your attention in your heart center, arms and hands**

Give the intent for **Loving Action:**

*"I give the intent to allow myself to be nurtured first. The energy flow of my heart center intensifies front and back. My movements and touch are pure and activated with love as I amplify platinum energy."*

**V. Place your attention in your solar plexus**

Give the intent for **Personal Growth:**

*"As I teach, I discover that each class is different although the material which I must cover is the same. This form of teaching opens the door to expressing greater compassion and patience. Some students will present new challenges to holding my center and new ways to open my heart. Many students will inspire me as I observe the energy of love in action. As I teach I affirm: I am a student also."*

**VI. Place your attention in your creative/sexual center**

The first few times you teach this class you may feel like you have "given birth". Energetically you have, through the expansion of your creative connection to the Unlimited Source.

Give the intent for **Birth:**

*"As I allow my creativity to express itself in this manner, I reap many benefits in my life. As I facilitate this amplifying for others, I am aware that this may carry a charge of sexual*energy. I always keep my actions clear and appropriate."*

*It is important to be aware that as a teacher you will be facilitating this opening for your students. The conduct of a teacher is equal to the integrity of the work when representing the EMF Balancing Technique®.

**VII. Place your attention in your base center**

Give the intent for **Vitality:**

*"I now give the intent to be well grounded in my body. This alignment keeps me in balance. My base center and my creative/sexual center provide the vitality I need to teach the training."*

**VIII. Place your attention in your Center Below**

Give the intent for **Grounding:**

*"As the template continues down through my legs to my Center Below, I feel confident and ready to stand strong before this class. Connecting with the earth through this center creates an energetic grounding for all the intentions just given.*

Take a nice deep breath

*"I now become aware of a flame of energy in both palms of my hands. In my right palm, the flame is golden; in the left palm the flame is platinum. This is the alignment I transmit to those who choose to learn the EMF Balancing Technique."*

Take a few moments to breathe in the platinum vibration through each energy center.

Give intent for this energy to enhance your evolutionary process and as always according to your unique balance.

Namaste Dear Teacher,

Peggy Phoenix Dubro

EMF Balancing Technique®

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# Unit 1

# **Welcome and Day Schedule**

# Phase IV: Energetic Accomplishment and Potential - Day 1

## Unit 1: Welcome and Day Schedule

Time: 10 minutes

*If you have new people attending or individuals that do not know each other, take a few moments and have them introduce themselves.*

1. **WELCOME** students to Phase IV: Energetic Accomplishment and Potential.

WORKBOOK
Phase IV
Pg. iii
Course Objectives

2. **POINT OUT** the course objectives:
   - The course objectives highlight the key learning points, key experiences and what you will be able to do by the end of the workshop today.
   - Please take a couple of minutes and review the course objectives for today's class.

*Please distribute Phase IV student workbooks.*

3. **OPTIONAL ENERGY EXERCISE:**
   - You have a choice of which energy exercise you would like to use. Please refer to the Teacher Support section page 259 for a list of options.
4. After completing the energy exercise **ASK:**
   - How does that feel?
5. **ALLOW** a few moments for feedback.
6. If necessary, invite the class to return to their original seats.

***
FLIP CHART
Day Schedule

7. **INTRODUCE** the schedule:
    - Lattice Theory of Phase IV
    - Potential You Meditation
    - Co-Creative Cycle
    - Lunch
    - EMF Guiding Principles Communication Internship Overview
    - Combination Sessions
    - Distance Sessions
    - Intro Session - Practice (optional)
    - Summary and Conclusion

*Display the schedule where you and your students will be able to review it as needed.*

TRANSITION
to Lattice Theory

8. **MOVE** to the next section by telling the class that you will discuss the lattice theory.

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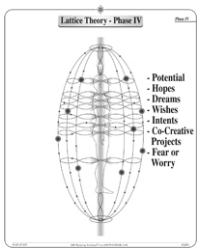
# Unit 2

# Phase IV Lattice Theory and Potential You Meditation

## Unit 2: Phase IV Lattice Theory and Potential You Meditation

Time: 1 hour - 1 hour 30 minutes

### Golden Posture of Balance

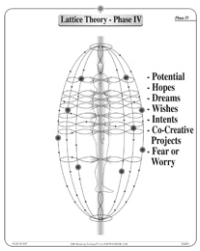



FLIP CHART #15 Lattice Theory Phase IV

1. **REFER** to the flip chart as you **INTRODUCE** the Lattice Theory of Phase IV:
   - Let's take a look at what's happening energetically as we explore the theory of the lattice for Phase IV.
   - Once again, we are working with the Center Below, Center Above and Core Energy.
   - And all around you is the UCL - the back fibers, front fibers and the side fibers.

2. **EXPLAIN** the goal for Phase IV:
   - The goal of Phase IV is to understand energetic accomplishment and manifesting your potential.
   - It is also learning to use the magnificent energy of the Universe, to help you create the most enlightened life you can. When you do this, we say that you are co-creating with the Universe, or simply "co-creating".
   - However, as you take the next step to successfully co-create, it is helpful to hold a focused energetic posture of balance.

3. **EXPLAIN** creating an energetic posture of balance:
   - Creating an energetic posture of balance is a three step process.
   - First, honor your history by giving intent to transform your history into a column of gleaming wisdom and support, instead of being an anchor that holds you back.
   - This is the first step in balancing your energetic posture.




FLIP CHART
#15 Lattice Theory
Phase IV

- The next step is increasing your consciousness within the Core Energy, giving intent to center in the present (Now time).
- Centering in present time creates a strong connection to the Universe, providing you with focus and strength to manifest what you want as you co-create your intentions.
- The third step is to activate the fibers in front of you as you work with your potential.

TRANSITION
to Front Fibers

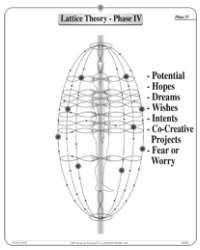
4. **MOVE** to the front fibers:

   Now, let's take a look at the energy patterns within the front fibers which are located in front of you.

## Front Fibers - The Prism of Personal Potential

WORKBOOK
Phase IV
Pg. 44
Lattice Theory

1. **REFER** the class to the illustration on page 44 in their workbooks which they can use to make notes.




FLIP CHART
#15 Lattice Theory
Phase IV

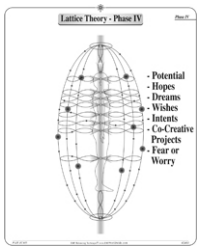
2. **REFERRING** to the flip chart **EXPLAIN** the front fibers:
   - There are three more long informational fibers in front of you.
   - The area that radiates from the chakras and connects with these front fibers is called the Prism of Personal Potential, a field of abundant potential and possibilities.
   - In linear time, we would call this the future.
   - Understanding how the energy works within the front fibers allows you to better control what manifests in your life.
   - You have heard the statement, "what the mind can conceive and believe it can achieve."
   - This statement reflects the importance of intent, thought and energy.

### Hopes, Dreams, Wishes and Intents

3. **EXPLAIN:**
   - The discs of light in these fibers hold information regarding your hopes, dreams, wishes and intents, and function as transmitters and receivers, which attract "like" energy.
   - With conscious intent you can selectively activate or insert new hopes, dreams and wishes into these long informational fibers.
   - These fibers are a very important aspect of the mechanism for tapping into the energy of the Cosmic Lattice.

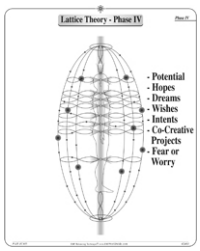
- Looking at the illustration, you can see that the discs of light are different sizes.
- The small discs represent those discs that are dormant, waiting to be activated.
- The large discs represent those discs that are activated and transmitting.

**Worries and Fears**




FLIP CHART
#15 Lattice Theory
Phase IV

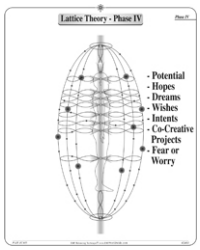
1. **EXPLAIN:**
   - In addition to hopes, dreams, wishes and intents, the energy charges of worries and fears are held in the front fibers as well.
   - If a worry or fear is held for a long time, the associated disc can accumulate enough charge to transmit out.
   - The information from these charges is communicated to the Universe, and the Universe faithfully responds.
   - You may be familiar with the old idea that you will often attract what you fear most.
   - So knowing this, what can you do?
   - There are ways to lessen the charge.
   - While holding the posture of Radiating Core Energy, as you learned in Phase III, you may give the intent to release excess electromagnetic energy surrounding a worry or fear-filled charge.
   - Once your intent is expressed, take whatever practical action you can in your life to continue to neutralize the charge of the worry or fear.




FLIP CHART
#15 Lattice Theory
Phase IV

2. **EXPLAIN:**

- Sometimes it seems easier to focus more on worry than on hopes and wishes. Given that there are many things to be concerned about, we need to have a technique available to neutralize the energy around fear-filled or worry-filled events.
- Now, the most obvious technique would be to change how you think about a situation. To control your thoughts and not give energy to worry or fear.
- However, this is much easier said than done. Although it is possible to control thoughts, realistically most people have not mastered this.
- A very simple and effective technique comes from the Silva Mind Method®. Mentally place a "cancel, cancel" stamp on the fear.
- Do this as you hold the posture of Radiating Core Energy and it works even better!




FLIP CHART
#15 Lattice Theory
Phase IV

3. **SUMMARIZE:**

- Let's take a look at what we have discussed.
- Up to this point we have introduced the front fibers which make up the Prism of Personal Potential.
- We also talked about how thoughts are energy whether they are of hopes, dreams and wishes or those that are worry and fear-filled.
- And how the Universe is unbiased so when you continually have worry-filled thoughts or thoughts of hopes, wishes and dreams, it is like providing an unconscious intent for that event to manifest.
- And finally we said that there is a technique from the Silva Mind Method® where you mentally place a "cancel, cancel" stamp on the fear-filled or worry-filled event.

TRANSITION
to Creating Your
Potential

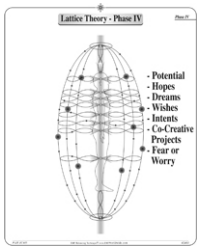
4. **MOVE** to consciously creating your potential:

- Next, let's take a look at how the Prism of Personal Potential will help you co-create the most enlightened life you can.

## Creating Your Potential

1. **INTRODUCE** the idea of potential:

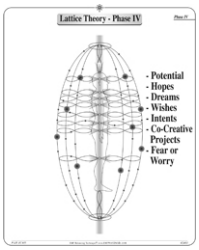
   - In the book The Return of Merlin, Deepak Chopra reminds us "the wizard creates his reality backwards" from the future.
   - This statement is nicely illustrated by the Walt Disney animated movie King Arthur. In King Arthur Merlin would "pop" into the future and then "pop" back with a train. Then he would say to King Arthur, "My son, you have got to see this. This - is how people will transport themselves."
   - Then Merlin "pops" back into the future again and comes back with a plane.
   - What Merlin is doing is reaching into the future and bringing back a reality.
   - This illustrates for us that imagination and fantasy can often create reality. In the book "Elegant Empowerment" by Peggy Phoenix Dubro and David Lapierre, Albert Einstein is quoted as saying "imagination is everything."
   - So let's take a look at how you may connect with your potential to co-create the reality you desire using intention, the energy of information and light and the front fibers of the UCL.




FLIP CHART
#15 Lattice Theory
Phase IV

2. **REFER** to the flip chart and the front fibers:

   - As you recall, energy and information are held in discs of light which function as transmitters and receivers attracting "like" energy unto themselves.




FLIP CHART
#15 Lattice Theory
Phase IV

- The front fibers are part of the UCL which is the doorway or connection to the Cosmic Lattice.
- And as we have mentioned, with conscious intent you actively select or insert your hopes, dreams and wishes into the front fibers of the UCL.
- If the time is right and you have pure intent, your energy is transmitted onto the Cosmic Lattice.
- The next step is to be attentive and see what returns to you so you are able to recognize a resource or opportunity when it manifests. Many times these occurrences are subtle and can be overlooked.
- For example, an individual comes into your life who is not directly related to what you have intended. Therefore, you might not recognize that this person has a connection with someone or something that is related to what you have intended. It can be that easy to overlook. Other times it may be very obvious.
- Therefore remain open to all possibilities from the time you place your intent until the time that it manifests.
- So, how do you know that the Universe is responding?
- It is the occurrences of these synchronicities that is the signature of the Universe answering your intent. Once they start occurring you can be relatively assured that what you have intended is making its way toward manifestation.
- Therefore it is important to take action according to the synchronicities as they occur.
- By doing this, another wave of energy is sent out to which the universe can respond.

*Show this on the flip charted illustration.*

- This is taking responsibility - taking action in the new energy.

3. **ASK** for questions and clarify as needed.

TRANSITION
to Potential Self

4. **MOVE** to the next section:
   - In the next section, we'll talk about another aspect of yourself - your potential self - and how you can create a dialog with this part of yourself for wisdom and guidance.

**Potential Self**

1. **ASK:**
   - When was the last time you spoke with your "past" self or would it be better to ask, "Do you talk with your history?"

2. **ALLOW** for a few responses from the class.

3. **TELL** students:
   - Let's take a few moments and explore this idea of communicating with your "past" self or your history.

4. **ASK:**
   - By a show of hands, how many of you have journaled, written a letter to yourself, or even made notes to yourself?

5. **EXPLAIN** that keeping a journal, writing a letter to your "self" or even making notes to your "self" are ways your past "self" communicates with your present "self".

6. **ASK:**
   - What would it be like if you were able to communicate with your potential self and what kind of information do you think that experience would bring?

7. **ALLOW** a few moments for responses from the class.

8. **POINT OUT** that having a dialogue with your potential self can provide insight and wisdom. Especially if it is focused toward a project or a decision that needs to be made. It is a way to receive counsel from this part of their being.

*This can be a fun question as students think about what you are asking them.*

9. **TELL** the class to take a couple of minutes and think about:
    - In one second from now, there is a potential "you" here.
    - Ten minutes from now, there is a potential "you" that will be present.
    - Tomorrow morning, there is a potential "you" that will be present.

10. **EXPLAIN:**
    - Using your imagination and learning to communicate with this part of your being can bring helpful information. Therefore learning to develop an open communication with this aspect of yourself can be a fulfilling and valuable experience.

11. **ASK** for questions and respond as needed.

12. **TELL** the class that they will now do a short exercise that will help prepare them for the Potential You meditation, and refer them to the flip chart.

FLIP CHART
#16 Meditation
With Potential You

13. **ASK** students on a piece of paper to list three projects, situations or realities that they would like to manifest.

14. **GIVE** students 3 - 5 minutes to complete the activity.

15. **MOVE** to the meditation:
    - Next I'll overview the Potential You meditation and explain how you'll be using the information on your lists during the meditation.

TRANSITION
to Potential You
Meditation

## Potential You Meditation

### Overview

FLIP CHART
#16 Meditation
With Potential You

1. **OVERVIEW** the meditation:
    - As you go through this meditation, you will be using what you learned in Phases II and III.
    - As you learned in Phase II, your history has provided you with great wisdom, now you are affirming it. During the meditation, you will honor your history by giving thanks for what you have learned.
    - The reason that we do this is so when you reach out to your potential you, you are in a posture of balance. This allows reaching out with strength.
    - Next, I will ask you to center and radiate your Core Energy. This you learned in Phase III - holding your power in the moment.
    - Then, I'll ask you to feel, sense, imagine or think about the front fibers. Think of the front fibers as your field of possibilities or potentials. This is where discs of light, which are both transmitters and receivers, hold information which is transmitted out on to the Cosmic Lattice.
    - Next, you'll have the experience of what it is like for information to move through the front fibers and on to the Cosmic Lattice.
    - To do this, I will ask you to imagine a bright and magnificent ball of light and energy.
    - Then I will ask you to place the items from your list into this ball of energy and light.
    - Then, with this magnificent, bright ball of light and energy, you'll move your consciousness through the infinity loops, through the front fibers - your field of potentials - to the Cosmic Lattice where you meet your potential self.

- You will then hand your ball of light and energy, which is holding your intents, to your potential self and then observe what happens.
- After the meditation is finished, I'll ask you to take a couple of minutes and write some thoughts about your experience.

2. **ASK** if there are any questions before you begin.

**Potential You Meditation - Class Exercise**

*Remember to pace yourself during this meditation, using the appropriate modulation of voice.*

1. **TELL** the class to make themselves comfortable, close their eyes and take a nice deep breath.

2. **BEGIN** by **SAYING:**
   - Let us begin to work through your energy field. Feel, sense, imagine or think about the energy fibers behind you.
   - As you connect with these strands of energy fibers behind you, give the intent that your history is now a column of gleaming wisdom and support, where all of your experiences contribute to who you are in this moment.
   - Give thanks for each lesson that you have learned. Doing this transmutes those lessons into wisdom.
   - Take another deep breath and as you do, know that you have wisdom and support, self-direction and self-support.

   *pause*

   - You may feel a gentle pressure or sense a slight movement behind you.
   - These are the gentle activation of energies as the infinity loops adjust their movement, as information and wisdom moves forward through these loops.

- Experiencing a gentle pressure through the body is not uncommon.

*pause*

- Now, focus your attention on your Core Energy, that column of energy that is located throughout the entire length of your being from your Center Below to your Center Above.
- Now with continued focus, intensify this column of pure light as you center yourself in the Now, creating an energetic posture of balance.
- As your Core Energy intensifies, circulate this energy throughout your entire being.
- As you do this you are gathering energy in this Now moment to empower your intents.

*pause*

- Please feel, sense, imagine or think about moving your consciousness and attention through the infinity loops in front of you. Remember these infinity loops radiate from the chakras. Give the intent that they are completely formed, strong and in healthy balance.
- Now move your consciousness into the long fibers in front of you.
- Take a moment and think about the list of projects, situations or realities that you have written down.
- Take those projects, situations or realities and place them into a bright, magnificent ball of light and energy.
- Now, with your intents held within this bright ball of energy, begin to move your consciousness through the front fibers.

*pause*

- As you reach out to the fibers of the Cosmic Lattice, you are met by your potential self.
- Feel, sense, imagine or think about your potential self.

*pause*

- How does your potential self appear to you?

*pause*

- What are you feeling right now?

*pause*

- Take a moment to enjoy this aspect of yourself.

*pause*

- Also, take a moment and be open to any energy or thoughts.

*pause*

- Now taking that beautiful ball of energy and light which you are holding, reach out and place it in the hands of potential self.
- Take a moment and experience how this is received.
- Be open for any guidance or ideas that may be helpful regarding the intents or realities that you have placed in the ball of light and energy.

*pause*

- Feel, sense, imagine or think about standing in the light with your potential self and know that this connection is always available for you.
- You have now opened a relationship with your potential self; continue to practice and work with this part of your being.
- You may take a moment to express gratitude.

*pause*

- Then focus your consciousness in Now time. Center your energy within your core.
- Take a deep breath and when you are ready, open your eyes.

3. **TELL** the class to take a couple of moments and write down any ideas, thoughts or feelings that they experienced during the meditation.

*Allow 3-4 minutes.*

4. **FACILITATE** feedback from the class about the experiences they encountered during this meditation.

5. **ALLOW** 5 - 10 minutes for feedback.

6. **DEBRIEF** the meditation:
   - The important thing to remember is that you have an open channel to your potential self.
   - Also, you had the experience of what it is like for the information to travel from the front fibers on to the Cosmic Lattice when you took that magnificent ball of light and energy and handed it to your future self.
   - Remember that the discs of light that are contained within the front fibers are actually transmitters and receivers of information. It is here that the information is held in place and your intent activates the information to be transmitted through the Cosmic Lattice.
   - There may be fear or worry which also may be associated with something that you want to manifest. You can give the intent for the release of any electromagnetic energy surrounding any fear-filled or worry-filled events.
   - When you do this, you discharge that excess energy and bring it back into your Core Energy, creating a more powerful presence in the Now.
   - This meditation allows you to work with the energy charges throughout the entire UCL, so you can co-create the most enlightened life you can.
7. **ASK** for questions and respond as needed.

TRANSITION to Co-Creative Cycle

8. **MOVE** to the Co-Creative Cycle by **SAYING:**
   - Next we will talk about the cycle of co-creation, after a 10 minute break.

**--- 10 minute break ---**

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# Unit 3

# **Co-Creative Cycle**

## Unit 3: Co-Creative Cycle

Time: 25 minutes

*Refer to the appropriate flip chart pages when describing the steps of the co-creative cycle.*

1. **INTRODUCE** the co-creative cycle:
   - The co-creative cycle provides a structure to understanding how we use and project energy through the UCL, helping us learn how to co-create the realities that we desire.

FLIP CHARTS #17-#20 Co-Creative Cycle

2. **REFERRING** to the flip chart **OVERVIEW** the steps of the co-creative cycle:
   - As you can see, the co-creative cycle is a four step process, each step having sub-steps within it.
   - We'll talk about each step and their sub-steps so you can see a clear picture of the co-creative process.

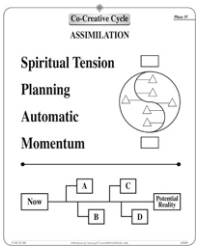
### Step 1: Inspiration

FLIP CHART #17 Co-Creative Cycle Inspiration

3. **EXPLAIN** Step 1 - Inspiration:
   - We begin with our first step, Inspiration.
   - Think of inspiration as the initial presentation of an idea which interests you. This is the time where an idea first gets planted.
   - As you give more thought to this idea, your interest grows and it turns to **excitement**.
   - You may have expressions such as "Yes! I want to do that!" or "I know I can do this".
   - It doesn't take too long for that excitement to generate **enthusiasm**.

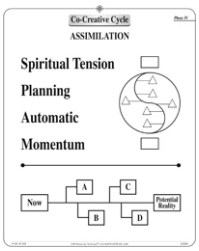
- It is a **dramatic** moment.
- In some cases even **passion** and **interest** are generated.
- You are building up a lot of emotion at this time (e-motion), e=energy, energy in motion.
- Now, with this movement of energy, it is a good time to do something with it.

## Step 2: Assimilation



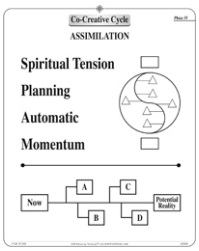

FLIP CHART #18 Co-Creative Cycle Assimilation

4. **EXPLAIN** Step 2 - Assimilation:
   - Assimilation is internalizing the initial energy that has built up.
   - Focusing the energy within creates a **spiritual tension**.
   - Spiritual tension is focused energetic tension; a healthy motivator so you are able to accomplish the outcome of what you have decided on accomplishing.
   - It means that you roll up your sleeves and take part in the co-creation of what you want to accomplish.
   - Being in partnership with the Universe, Creator, Unlimited Source, however you define it, means doing your part.
   - Energetic tension provides a sense of urgency and begins to give a project life and energy.




FLIP CHART
#18 Co-Creative Cycle Assimilation

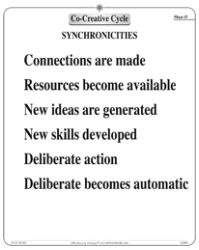
- As a project comes to life, that is the time to create a **structure** or a **plan** of action.
- Ken Keyes, Jr. in the Handbook to Higher Consciousness encourages us to have preferences in life. As you co-create, this is a healthy energetic posture.
- Here in Step 2, is where you decide your end result or goal (preference) and what you need to do to achieve it.
- Typically, when we think of reaching a goal we think of it as a straight line; moving from the beginning, point A to the goal, point B. However it is rare that the path to the goal is that direct, especially when the Universe is our partner.
- The yin yang symbol represents a more realistic illustration of what the path to the goal might look like.
- Another way to illustrate this is to first draw a line and label one end point A, which represents "Now time" and the other end point B, which represents your potential reality.
- Now as we move along our line toward our primary goal, we have secondary goals that begin to emerge as you see illustrated.
- It is important to recognize that the secondary goals are a necessary part of our overall effort to achieving our primary goal.




FLIP CHART
#18 Co-Creative Cycle Assimilation

- Some of these secondary goals may not be pre-planned and may occur without expectation. However, they are placed along your path providing you with the necessary tools for you to successfully accomplish what you have intended.
- Therefore, when they occur, you can accept and accomplish them because they add resonance to who you are.
- As you start to take action and follow your plan, you use skills that you already have. Your actions are **automatic**.
- This is the beginning of taking action and through taking action you build the magic of **momentum**.
- Momentum is what increases and moves the energy of your intent.
- The energy of movement activates, amplifies and transmits the intent of the project through the front fibers of your UCL.
- Then, through communication with the Cosmic Lattice you may see **synchronicities** Step 3, beginning to occur.
- The synchronistic events are messages of encouragement to you.

## Step 3: Synchronicities



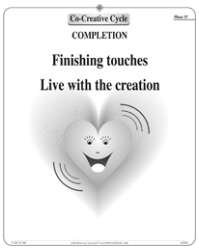

FLIP CHART #19 Co-Creative Cycle Synchronicities

5. **EXPLAIN** Step 3 - Synchronicities:

- Synchronicity, as you know, is when you have a coincidence of events that seems to be meaningfully related.
- For example, you may begin making **connections** with other people who have an interest in what you are doing that you were unaware of previously.
- **Resources become available**. These resources may be in the form of people, financial, and other services.
- Now your co-creative efforts are beginning to manifest. This is big step as others become involved and your project begins to take on a life of its own.
- These events provide you with a point of reference. They tell you that the intent that you have put out to the Cosmic Lattice is being answered.
- Then, you will find **new ideas being generated** as well as opportunities to **develop new skills** to fulfill those new ideas.
- This is exciting because as you develop new skills, you become more. And as you give to your co-creative projects, they give back to you.
- Your focus increases, creating more energy. Because these are new skills you are **very deliberate** in your actions.
- Once your new skills are learned, they move from being **deliberate to automatic**, adding another facet to your being. It is now something you own.

- Remember, you are in partnership with the Universe; you are sending your intent out to the Cosmic Lattice and the Universe answers, bringing what you need.
- There is a union and a harmony operating when you take your inner vision, your idea, which is held within you, and place it in the fertile fibers in front of you.
- This brings us to Step 4, Completion.

**Step 4: Completion**




FLIP CHART #20 Co-Creative Cycle Completion

6. **EXPLAIN** Step 4 - Completion:
   - Completion is putting on the **finishing touches**.
   - Also recognize that some projects are going to require more finishing touches than others.
   - Be mindful not to get too caught up in the finishing touches to the point where you never complete your project. You will always find improvements to make.
   - Once you have completed the finishing touches then:

   **CELEBRATE, ENJOY AND LIVE WITH YOUR CREATION!!**

*A good example of what it means to live with your creation is that wonderful feeling when you have cleaned and organized a room.*

FLIP CHART
#17-#20
Co-Creative Cycle

7. **SUMMARIZE:**

- To summarize, we started out talking about the co-creative cycle. To illustrate this we introduced a four step process.
- We started with Step 1 - Inspiration. This is where you first get an idea and become excited about it.
- Then Step 2 was Assimilation. Taking that idea and bringing it inside of yourself, making a plan, creates a spiritual tension - which we identified as an energetic tension, a healthy motivator.
- Step 3 was Synchronicity where your co-creative efforts begin to manifest and you become more!
- And finally, Step 4 - Completion, where finishes touches are added and you enjoy your creation.
- Then as you generate a new idea, the cycle begins over again.

8. **CONCLUDE:**

- It is important to remember that it may take some practice when working with the co-creative cycle.
- At first, it is suggested that you create projects for yourself that you know you can accomplish using these four steps. Then, you can build on your successes as you move to more complicated projects.
- Also, keep in mind that if you push on one door and it doesn't open, push on the next one. If you find that you are not getting the resources that you need it may indicate that it is not the right time.
- Focus on what you are accomplishing and your strengths. If you focus only on what you do not have, you may hold yourself back.
- Also, you may find that your receivers share with you their frustration with their own projects or things they are trying to accomplish as you work with them in Phase IV.
- Now that you understand the co-creative cycle, you can also provide them with the compassion and guidance needed.

- Remember as you work in partnership with the Universe, Spirit, God, Unlimited Source, or whatever your belief system is, you take part in this process.
- You have unlimited potential.

9. **ASK** for questions and respond as needed.

10. **PROVIDE** details regarding the lunch break:
    - Lunch will be (*length of time for lunch*) and we will start the afternoon session promptly at _____pm.

*1-1 1/2 hours is recommended if time permits.*

*You may adjust the length of the break depending on your training location and time.*

- - - - E N D O F M O R N I N G S E S S I O N - - - -

**- - - L U N C H B R E A K - - -**

EMF Balancing Technique®

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# Unit 4
# EMF Guiding Principles
# Communication
# Internship Overview

## Unit 4: EMF Guiding Principles
## Communication
## Internship Overview

Time: 45 minutes

***
FLIP CHART
Day Schedule

1. **WELCOME** the class back from lunch.

2. **REFERRING** to the schedule, **POINT OUT** the next topic:

   - Let's take a look at where we are on today's schedule - EMF Guiding Principles, Communication, Internship Overview.

This unit contains *copies** for your own reference of the following handouts for students.

*Master files are included in the 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV' kit to make photocopies, and as electronic folder you received from EEI, that you can print in high quality on your home printer. (make sure you have the updated version of the 'Internship Overview' handouts dated 2010).

- EMF Guiding Principles - Form #INT33
- Communication - Form #INT34
- Internship Overview -
  - Accredited Practitioner Internship Reference Guide - Form #INT35
  - Upgrade Internship Reference Guide - Form #INT36*

  *For *Certified* Practitioners only, who have completed the Certified Practitioner Training (older program) and wish to become Accredited Practitioners.

1. Make photocopies or print out your master files and hand them out to your students.

2. Review <u>EMF Guiding Principles</u> with your students.

3. Review <u>Communication</u> with your students.

   NOTE: WHEN TEACHING THE COMMUNICATION MODULE: FIRST, PLEASE PRESENT SECTION III: THE ENERGETIC POSTURE OF COMMUNICATION. NEXT, PRACTICE THE ENERGETIC POSTURE OF COMMUNICATION, AND THEN DISCUSS SOME OF THE CORE ELEMENTS OF COMMUNICATION.

4. Review <u>Internship Overview</u> with your students.

5. At the conclusion of each review, ask for questions.

# Guiding Principles of the EMF Balancing Technique

The following subtle yet important messages and philosophies underlie the EMF work. These principles are of fundamental importance to all EMF Practitioners and Teachers wishing to align themselves fully with the technique.

- EMF is a passion for taking pleasure and joy in the growth of another human being; the desired result of an EMF session is personal growth; and empowerment is an important element of healing.
- The results of an EMF session are always determined by the inner wisdom of the client.
- Silent Honoring – it is important for the EMF practitioner to honor the wisdom of the client by allowing the session to unfold without interference or interjection - an important protocol for every practitioner to follow.
- Every EMF session is always performed the same way, without any additions or subtractions.
- The EMF Balancing Technique is not in competition with any other types of energy work.
- As powerful and wonderful as the EMF is, we do not promote it as a panacea – a cure all or end all for anything (the bigger/ brighter/ better/ more syndrome).
- The material world and the spiritual world are of equal importance, in fact they are one and the same, reflections of each other – As above, so below.
- The very best way to promote the EMF work is by being a living example of Mastery in Practice!

Strive to use the EMF communication process with all of the above principles in mind, in all of your interactions within (and maybe even outside!) the EMF community.

# Communication

We've all been communicating for our entire lives – it's something we do naturally. Almost everyone knows how to exchange information, or communicate in one way or another – it's part of being human. Sometimes we communicate well, and sometimes we don't, yet we all recognize the value of good communication – it provides the foundation for cooperation, collaboration, mutual trust and respect, and for building strong relationships.

Some of you already know there is an art to good communication and you practice your communication skills; some of you may be skeptical that communication skills can be learned - after all, it is a natural thing. No matter what your position is, we are all capable of embracing the possibility of better communication. Practice is the key to Mastery, and by practicing the Energetic Posture of Core Energy in conjunction with the mindful practice of a few simple Core Elements of Communication, an opportunity exists to enhance your communications with other EMF practitioners and teachers, with the EEI team, as well as with others in your life.

Purpose of this guide

Putting the principles of communication into practice is usually more challenging than simply being able to remember them. The purpose of this guide is to provide tools to use before and during your communications within the EMF community, as well as with others in your life. We will introduce several Core Elements of Communication, and then look at using the Energetic Posture of Core Energy as an Energetic Posture of Communication. Finally, there will be instructions for combining the Core Elements of Communication with the Energetic Posture of Core Energy.

# *Phase IV - Communication*

## Section I: The Core Elements of Communication

The following are the Core Elements we have chosen for use when communicating within the EMF community or with others. The Core Elements you choose to use during your communications will vary depending upon the circumstances of the communication. You may find yourself using use one or a combination of them. As you become familiar with these Core Elements, they will become second nature. Practice!!

### Core Element 1: Mindful Listening and Responding

**Key Learning Point**: **Most people value being heard**. Responding with statements such as "I hear you", or "I'm listening" or "I understand" establishes that you are hearing (not necessarily agreeing with) what the other person is saying.

- When both sides in the communication feel that the other is listening and that they are being heard, the energetic flow (figure eight flow) is more likely to develop in strength, allowing for:
  - Open and productive input. People who feel that they are being listened to are more likely to feel accepted and appreciated.
  - The diffusion of negative emotions that may stand in the way of solving problems.
  - The development of trust. People tend to be more open and honest with those that they trust.

### Core Element 2: Strengthening Personal Worth

**Key Learning Point**: When someone feels good about themselves, the more likely they are to contribute to the figure eight flow of energy. You can provide the opportunity for this to occur by:

- Maintaining or strengthening their sense of personal worth or self esteem. (helpful hint – maintain *your* sense of personal worth!)
- Avoiding stereotyping, labeling and/or using negative language.
- Using encouraging and complimentary language when appropriate. This helps to build confidence.
- Being thoughtful and respectful both in actions and words.

## Core Element 3: Involvement

**Key Learning Point**: Creating opportunities for involvement in the communication process allows both parties to:

- Be more proactive and supportive with change.
- Experience an atmosphere of cooperation.
- Produce better outcomes.

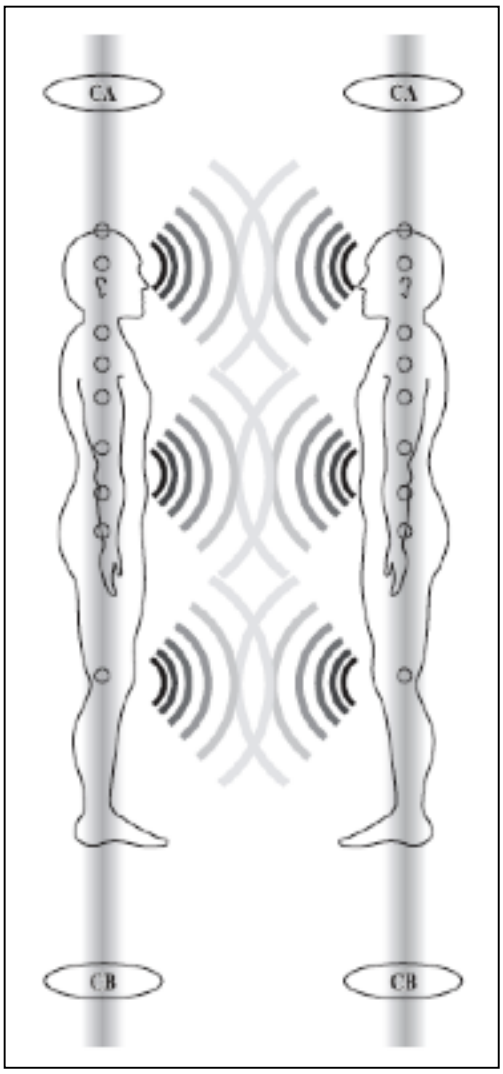
## Core Element 4: Summary and Agreement

**Key Learning Point**: Summarize key points of the communication and highlight points of agreement.

- Summarize the key points of the conversation.
- Highlight aspects where the communication was productive.
- Agree on those points where work is needed.
- If agreement cannot be reached, *agree* to set a follow-up date for further discussion, again giving the intent for clear communication.

## *Section II: The Energetic Posture of Core Energy is An Energetic Posture of Communication*

Everyone has personal needs. Most people like to feel valued and listened to, and to have input on situations which affect them. The energetic posture of core energy is an energetic posture of communication that sets the resonance for a figure eight flow of energy between the participants in any communication. It establishes the framework for energetic interaction during your Consultation Review. Using the Core Elements of Communication in conjunction with the Energetic Posture of Core Energy helps to create clearer communication, which in turn helps to build a foundation of trust and understanding for future interactions.



## Section III: The Energetic Posture of Communication

Take a few minutes just before you meet to assume the Energetic Posture of Communication.

Center Below, Center Above, Radiate Core Energy.

After a few moments of Radiating Core Energy, give the intent for clear communication. Then give the intent to listen and respond with mindfulness. Next, give the intent to maintain and strengthen your own personal worth and that of others. Next give the intent for mutual involvement, and finally, give the intent to reach agreement and harmony. Give all of these intents with a sense, feeling, or image in your mind of a figure eight flow of energy between yourself and others.

Summary - The Energetic Posture of Communication:

Center Below,
Center Above,
Radiate Core Energy
Give intent for Clear Communication

Give intent for:

- Mindful Listening and Responding
- Maintaining/Strengthening Personal Worth
- Involvement
- Agreement/Harmony

***The Energetic Posture of Communication***
***is a combination of the***
***Energetic Posture of Core Energy***
***and the Core Elements of Communication***

# Notes:

A number of key points to keep in mind about communicating in person or by phone:

- On the phone, even though the person you are speaking with cannot see you, be aware that your body language will impact the way in which you communicate even more than normally so because of the energetic connection you have established.

- Your body posture affects your telephone posture which affects your tone, voice inflection and the words you use. Remember to keep a good physical posture when communicating by phone.

- Many times, it isn't what you say, but how you say it. Your voice can reflect sincerity, pleasantness, confidence, and interest. On the phone, although the caller cannot see you, a smile is reflected in your voice.

- Assumptions about the words and actions of others are relatively common. Remember to validate any perceptions you may have about what others are thinking or saying before reacting or responding. Misunderstandings are one of the most common ways to damage relationships.

- If you are having an in-person meeting, body language, eye contact, and voice inflection send signals to people that are often unintended. For example, feedback in a monotone voice with poor eye contact will probably not encourage a very positive response or leave a positive impression. Also, looking at the clock or tapping your pencil on the desk during a discussion may give the impression that you are not interested in them or the meeting.

- Good eye contact and voice inflection that fits the situation can greatly improve the response that people will have to you and the meeting.

- Using positive statements when interacting with or coaching others helps to avoid confusion and reduces defensiveness. State what you would like to occur, with an explanation of how to do it, as opposed to stating what should not occur!

- Always be prepared.

# Internship Overview

**- Accredited Practitioner Internship Reference Guide - Form #INT35**

**- Upgrade Internship Reference Guide - Form #INT36**

For *Certified* Practitioners only, who have completed the Certified Practitioner Training (older program) and wish to become Accredited Practitioners.

**- Incremental Phases I-IV Program Internship Reference Guide**

A new option for offering the Accredited Practitioner Internship. The incremental internship is a work/study program that allows students on a conditional basis to earn an income after completing Phases I and II of the internship. (Please contact EEI for more information and to purchase the Incremental DVD/ROM to teach the program.)

**- Internship Programs Prices**

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# EMF Balancing Technique®
# Accredited Practitioner Internship
# Reference Guide

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# 1 Timings

a) The Internship can only be started *after completion of* the Personal Growth Training. It may be started immediately after, or it may begin up to one year after completion of the Personal Growth Training. Once started, the duration of the Internship should be no less than 3 months and no longer than 1 year.

# 2 Criteria to Start an Accredited Practitioner Internship

a) An application for enrollment will be filled out by every prospective intern.

b) The prospective intern must have received the first four phases *prior to* enrollment in the Internship. This can include sessions received during the Personal Growth Training.

c) The teacher can accept the student at any time, or may defer acceptance until after completion of the Personal Growth Training.

d) If a Supervisory Teacher has doubt about the potential of the student after completion of the Personal Growth Training, the teacher may deny the student entrance into the Internship. If a teacher does not wish to accept a student as an intern, the teacher should notify EEI that they have denied the student entrance into the Internship.

e) Note also that even if the Supervisory Teacher is a professional psychotherapist or psychologist, he/she can not act as counsellor or therapist for the intern while in the role of Supervisory Teacher.

f) The teacher will provide an Internship Kit for the student upon completion of the Personal Growth Training. A complete printed 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV' can be ordered from EEI, or as electronic files that can be received at no cost for print.

# 3 Payment

a) The Supervisory Teacher's portion of the Internship fee is paid by the student directly to the teacher. The teacher may allow for split payments.

b) EEI's portion of the Internship fee is paid by the student directly to EEI upon successful completion of the Internship.

# 4 Accredited Practitioner Internship Requirements - Sessions

a) After completion of the Personal Growth Training, the intern will perform a minimum of 33 EMF Internship sessions *plus* 2 proficiency sessions to be demonstrated in the presence of the Supervisory Teacher. Proficiency demonstrations will consist of one Phase I&II combination and one Phase III&IV combination.

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b) The recipients of the 33 sessions will include a minimum of 4 people (primary recipients) who have never before received an EMF session. Those 4 people must each receive all four phases before the end of the Internship. The remainder of the 33 sessions may be performed on anyone - other practitioners, people who have had previous EMF experiences, or additional sessions for the 4 primary recipients who have received 16 of the sessions.

At least one of the 33 sessions should be a Phase I&II combination and at least one should be a Phase III&IV combination. *A combination session counts as only one session towards the completion of 33 sessions.*

Two (but not more than two) of the 33 sessions should be distance sessions.

c) The intern should clearly inform all recipients that the sessions are being given as part of an Internship period. It is recommended that the intern request that they would like the primary recipients to be committed (without obligation) to receiving all 4 sessions. The primary recipients will of course be free to repeat a session or return to a previous session before moving on to the next one. If a primary recipient does not receive all four phases, the intern will then find a new person willing to receive the 4 sessions to maintain their minimum requirements.

The sessions should be given for free (with no formal charge - however a donation may be accepted).

# 5 Accredited Practitioner Internship Requirements - Consultation Reviews

a) The intern will formally report to the Supervisory Teacher a minimum of 4 times for a consultation and review of progress, known as a 'Consultation Review'. This must be done in person, by phone, or using a webcam link. (An internet chat room is *not* an acceptable venue for a Consultation Review).

- **1st Consultation Review** - after the 1st Internship session.
- **2nd Consultation Review** - after the 11th Internship session.
- **3rd Consultation Review** - after the 22nd Internship session.
- **Final Consultation Review** - after the 33rd Internship session.
- **Continuing Connection Consultation Review** - This is an informal review after the first 11 sessions as an Accredited Practitioner. It is not a requirement for Accreditation, but it is a requirement for the Accredited Practitioner to maintain their status with EEI.

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# 6 Accredited Practitioner Internship Requirements - Forms

a) The intern will maintain the following forms:

- **Internship Session Log Form** for all sessions they give during their Internship, which they should update at the end of each session. To maintain the privacy of the clients, the intern will use only the client's first name and the initial letter of their surname on this form (eg. John E.).
- **Internship New Client Information Form** for each client. The intern will ask the client to fill out this form at the client's first session.
- **Internship Confidential Client Session Form** for each session. The intern will make notes on the back of this form after the session, to aid them later when filling out the Internship Consultation Review Form.
- **Internship Consultation Review Form (Intern Version)**. The intern will fill out one of these forms *prior to* each Consultation Review with the teacher, including the Final Consultation Review.
- **Internship Final Review Form (Intern Version)**. The intern will fill out this form *prior to* the Final Consultation Review.

b) The intern will provide the Supervisory Teacher with a copy of their up-to-date Internship Session Log Form *prior to* each Consultation Review. The copy of the log can be scanned and emailed, faxed, or sent by mail.

c) At each Consultation Review, the Supervisory Teacher and the intern will discuss all of the questions on the Internship Consultation Review Form. The teacher will use an Internship Consultation Review Form (Teacher Version) to make notes during the Consultation Review.

d) At the Final Consultation Review, the Supervisory Teacher and the intern will discuss all the questions on the Internship Consultation Review Form *and* the Internship Final Review Form. The teacher will fill in their versions of these forms with notes from the Final Consultation Review.

e) During the Internship and after its completion, both the Supervisory Teacher and the intern will keep all the completed forms from the Internship on file as a permanent record.

# 7 Accredited Practitioner Internship Requirements - Miscellaneous

a) As part of the 3rd Consultation Review, the Business Practices teaching unit (Unit 7 from Phase IV - Day 2 teacher manual) will be discussed.

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b) The Supervisory Teacher will submit to EEI by fax or email the Accredited Practitioner Internship Verification of Accreditation Requirements form upon the successful completion of the Internship.

c) If after all the requirements of the Internship are met, the Supervisory Teacher still has doubt about granting accreditation to the intern, the teacher may require additional demonstrations and/or Consultation Reviews before granting accreditation.

d) If the Supervisory Teacher feels that *long term* deferral or denial of accreditation is appropriate, then he/she must refer this to EEI to decide the appropriate course of action.

e) The intern will mail to EEI an Accredited Practitioner Internship Certificate Request Form and a signed copy of the EEI Policy and License forms, along with their final payment prior to accreditation. After payment is received, EEI will grant accreditation and issue a certificate. As soon as the accreditation is granted, EEI will notify the intern by email, and they may begin their practice as an Accredited Practitioner.

f) Accredited Practitioners are required to maintain a permanent record for each client, consisting of the New Client Information Form (practitioner version) and the Confidential Client Session Form (practitioner version).

g) At the Final Consultation Review and again at the Continuing Connection Consultation Review, the teacher will encourage and support the practitioner to maintain a continuing connection with the EMF community by utilizing any of the available resources (websites, on-line community forums, etc.)

h) The Supervisory Teacher is also available between Consultation Reviews for questions or clarifications.

# 8 Proficiency Demonstrations

a) The intern will demonstrate a Phase I&II combination session and a Phase III&IV combination session in the presence of the teacher. These demonstrations can be done on the same day, or on separate days. The demonstration will be arranged when the intern feels ready, but not before the 2nd Consultation Review, and not after the 29th session.

*A minimum of any 4 Internship sessions must be given after the proficiency demonstration and prior to the Final Consultation Review. Distance sessions do not count towards this minimum of 4 sessions*. If the proficiency demonstration is scheduled after the 29th session, the intern will need to complete additional sessions over and above the minimum requirement of 33 sessions in order to meet the requirement of the 4 sessions after the proficiency demonstration and prior to the Final Consultation Review.

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b) The proficiency demonstrations can be arranged in groups with a maximum size of 6 interns exchanging sessions - with a maximum of 3 interns at once performing a session. The interns will perform the sessions exactly as they do them when they are on their own with a client - in particular, they may use their quick guides.

c) The Supervisory Teacher provides individual feedback at the time of the demonstration and remaining questions are discussed. The teacher makes verbal recommendations on areas needing more attention, builds trust, praises strong points, boosts confidence, and provides support.

d) For each session demonstrated, the Supervisory Teacher completes and provides to the intern an Internship Proficiency Demonstration Report highlighting strengths, areas the intern can improve, and any other recommendations arising from the demonstration.

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# EMF Balancing Technique®
# Upgrade Internship
# Reference Guide

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# 1 Timings

a) The Internship can be started any time after the Certified Practitioner has received their advanced certification. Once started, the duration of the Internship should be no less than 1 month, and no longer than 1 year.

# 2 Criteria to Start an Upgrade Internship

a) Any student who completes the Certification Training can apply to enroll in an Upgrade Internship.

b) The Certified Practitioner must have received the first four phases *prior to* enrollment in the Internship. This can include sessions received during the Certification Training.

c) As part of the enrollment procedure, the Certified Practitioner must purchase a set of updated practitioner manuals version 2010 or later.

d) The Certified Practitioner will contact a Supervisory Teacher of their choice to receive the enrollment form. The practitioner will complete the form and send it back to the Supervisory Teacher.

e) If a Supervisory Teacher has doubt about the potential of the Certified Practitioner to enter the Upgrade Internship, the teacher may deny the practitioner entrance into the Internship. If a teacher does not wish to accept a practitioner as an intern, the teacher should notify EEI that they have denied the practitioner entrance into the Upgrade Internship.

f) Note also that even if the Supervisory Teacher is a professional psychotherapist or psychologist, he/she can not act as counsellor or therapist for the intern while in the role of Supervisory Teacher.

g) Once the Certified Practitioner has been accepted, the Supervisory Teacher will provide them with an Internship Kit. A complete printed 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV' can be ordered from EEI, or as electronic files that can be received at no cost for print.

# 3 Payment

a) The Supervisory Teacher's portion of the Internship fee is paid by the Certified Practitioner directly to the teacher. The teacher may allow for split payments.

b) EEI's portion of the Internship fee is paid by the Certified Practitioner directly to EEI upon successful completion of the Internship.

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# 4 Upgrade Internship Requirements - Sessions

a) Regardless of how many sessions the Certified Practitioner has performed prior to the start of their Upgrade Internship, they will perform a minimum of 6 additional EMF sessions as part of the Internship. Combination sessions count as one Internship session. Two (but not more than two) of the Internship sessions should be distance sessions.

b) The recipients of the required Internship sessions can be clients seen in the normal course of the Certified Practitioner's routine, i.e. they can be paying customers.

c) Regardless of how many sessions the Certified Practitioner has performed prior to the start of their Upgrade Internship, they will also perform 2 proficiency sessions to be demonstrated in the presence of the Supervisory Teacher. The proficiency demonstration sessions will consist of one Phase I&II combination and one Phase III&IV combination.

d) The number of additional required Internship sessions (above the minimum of 6) will be determined by the Supervisory Teacher after the proficiency demonstrations and after at least 2 Consultation Reviews with the Supervisory Teacher.

e) In some cases, no additional Internship sessions and/or additional Consultation Reviews will be required. In other cases additional Internship sessions and/or additional Consultations Reviews will be required, up to the minimum requirements for the Accredited Practitioner Internship of 5 Consultation Reviews and 33 Internship sessions (see Accredited Practitioner Internship Reference Guide, Sections 4 & 5).

f) If the Certified Practitioner does not have a clientele, or if they have not done any EMF sessions professionally, the *session and review requirements* will be the same as for the Accredited Practitioner Internship (see Accredited Practitioner Internship Reference Guide, Sections 4 & 5).

For all others, the requirements are as follows:

# 5 Upgrade Internship Requirements - Consultation Reviews

a) The intern will formally report to the Supervisory Teacher a minimum of 3 times for a consultation and review, known as a 'Consultation Review'. This must be done in person, by phone, or using a webcam link. (An internet chat room is *not* an acceptable venue for a Consultation Review).

- **1st Consultation Review** - at the start of the Internship**,** after the intern receives the Internship Kit and *before* the intern has given any Internship sessions.
- **2nd Consultation Review** - after the first proficiency demonstration session.
- **Final Consultation Review** - after the intern has given a minimum of 4 Internship sessions after the proficiency demonstration.

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# 6 Upgrade Internship Requirements - Forms

a) The intern will maintain the following forms:

- **Internship Session Log Form** for all sessions they give during their Internship, which they should update at the end of each session. To maintain the privacy of the clients, the intern will use only the client's first name and the initial letter of their surname on this form (eg. John E.).
- **Internship New Client Information Form** for each new client (if any). The intern will ask the client to fill out this form at the client's first session.
- **Internship Confidential Client Session Form** for each session. The intern will make notes on the back of this form after the session, to aid them later when filling out the Internship Consultation Review Form.
- **Internship Consultation Review Form (Intern Version).** The intern will fill out one of these forms *prior to* each Consultation Review with the teacher, including the Final Consultation Review.
- **Internship Final Review Form (Intern Version).** The intern will fill out this form *prior to* the Final Consultation Review.

b) The intern will provide the Supervisory Teacher with a copy of their up-to-date Internship Session Log Form *prior to* each Consultation Review. The copy of the log can be scanned and emailed, faxed, or sent by mail.

c) At each Consultation Review, the Supervisory Teacher and the intern will discuss all of the questions on the Internship Consultation Review Form. The teacher will use an Internship Consultation Review Form (Teacher Version) to make notes during the Consultation Review.

d) At the Final Consultation Review, the Supervisory Teacher and the intern will discuss all the questions on the Internship Consultation Review Form *and* the Internship Final Review Form. The teacher will fill in their versions of these forms with notes from the Final Consultation Review.

e) During the Internship and after its completion, both the Supervisory Teacher and the intern will keep all the completed forms from the Internship on file as a permanent record.

# 7 Upgrade Internship Requirements - Miscellaneous

a) The Supervisory Teacher will submit to EEI by fax or email the Upgrade Internship Verification of Accreditation Requirements form upon the successful completion of the Internship.

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b) If after all the requirements of the Internship are met, the Supervisory Teacher still has doubt about granting accreditation to the intern, the teacher may require additional demonstrations and/or Consultation Reviews before granting accreditation.

c) If the Supervisory Teacher feels that *long term* deferral or denial of accreditation is appropriate, then he/she must refer this to EEI to decide the appropriate course of action.

d) The intern will mail to EEI an Upgrade Internship Certificate Request Form and a signed copy of the EEI Policy and License forms, along with their final payment prior to accreditation. After payment is received, EEI will grant accreditation and issue a certificate. As soon as the accreditation is granted, EEI will notify the intern by email, and they may practice as an Accredited Practitioner.

e) Accredited Practitioners are required to maintain a permanent record for each client, consisting of the New Client Information Form (practitioner version) and the Confidential Client Session Form (practitioner version).

f) At the Final Consultation Review, the teacher will encourage and support the practitioner to maintain a continuing connection with the EMF community by utilizing any of the available resources (websites, on-line community forums, etc.)

g) The Supervisory Teacher is also available between Consultation Reviews for questions or clarifications.

# 8 Proficiency Demonstrations

a) The intern will demonstrate a Phase I&II combination session and a Phase III&IV combination session in the presence of the teacher. These demonstrations can be done on the same day, or on separate days. *A minimum of 4 Internship sessions must be given after the proficiency demonstration and prior to the Final Consultation Review. Distance sessions do not count towards this minimum of 4 sessions.*

b) The proficiency demonstrations can be arranged in groups with a maximum size of 6 interns exchanging sessions – with a maximum of 3 interns at once performing a session. The interns will perform the sessions exactly as they do them when they are on their own with a client – in particular, they may use their quick guides.

c) The Supervisory Teacher provides individual feedback at the time of the demonstration and remaining questions are discussed. The teacher makes verbal recommendations on areas needing more attention, builds trust, praises strong points, boosts confidence, and provides support.

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d) For each session demonstrated, the Supervisory Teacher completes and provides to the intern an Internship Proficiency Demonstration Report highlighting strengths, areas the intern can improve, and any other recommendations arising from the demonstration.

# 9 Upgrade Internship Class

As part of the Upgrade Internship, interns are required to attend an Upgrade Internship Class. The class may be attended at any time during the Internship. The class will include:

- Unit 3 - Client Interaction (from Phase I teacher manual)
  - Welcome
  - Pictorial Review of Phases I-IV
- Unit 4 (from Phase IV teacher manual)
  - EMF Guiding Principles
  - Communication
  - Internship Overview: a short review of the Accredited Practitioner Internship Reference Guide.
- Unit 7 - Business Practices (from Phase IV teacher manual)

*In the case of an intern who starts the Upgrade Internship prior to the Upgrade Internship Class*, the Supervisory Teacher should do three things:

- Prior to the first Internship session, mail or email a copy of Unit 3 (from Phase I teacher manual) to the intern so they may begin to use the Client Welcome and Pictorial Review during their Internship.
- Prior to the first Consultation Review, mail or email the intern a copy of the Energetic Posture of Communication.
- At the first Consultation Review (on the phone or in person), review the Energetic Posture of Communication so that the intern may use it in preparation for (or during) subsequent Consultation Reviews.

## 9.1 Upgrade Internship Class for Non-Interns

Certified Practitioners not enrolled in an Internship may attend the Upgrade Internship Class for the price of $50.00 or 50 Euros. This fee may be credited towards the price of the Internship if the Certified Practitioner enrolls in the Upgrade Internship.

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# 10 The 6 Session Minimum Requirement - an Explanation

If a Certified Practitioner expresses the desire to achieve Accredited status within the minimum requirement of 6 sessions, the Supervisory Teacher should adhere to the following guidelines:

- Tell the Certified Practitioner the number of sessions required cannot be determined until after completion of:

  #1. The 1st Consultation Review

  #2. The proficiency demonstrations

- Only after completion of #1 and #2 may the Supervisory Teacher determine if the intern qualifies for the 6 session minimum requirement. There is only one sequence* that can fulfill this requirement, as follows:

  1. 1st Consultation Review
  2. Distance session #1
  3. Distance session #2
  4. Proficiency demonstrations
  5. Session with client or volunteer
  6. Session with client or volunteer
  7. 2nd Consultation Review* (can be done any time after 1st proficiency demonstration)
  8. Session with client or volunteer
  9. Session with client or volunteer
  10. Final Consultation Review

- The intern may begin with distance session #1 any time after the 1st Consultation Review.

*The logic for this sequence is derived from Section 5 Upgrade Internship Requirements - Consultation Reviews:

- **1st Consultation Review -** at the start of the Internship**,** after the intern receives the Internship Kit and *before* the intern has given any Internship sessions.
- **2nd Consultation Review** - after the first proficiency demonstration session.
- **Final Consultation Review** - after the intern has given a minimum of 4 Internship sessions after the proficiency demonstration.

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# EMF Balancing Technique®
# Incremental Phases I-IV Program
# Internship Reference Guide

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# 1 Timings & Criteria

a) The Internship starts immediately *after completion of* the theory and practice classes of Segment 1. Once started, the duration of the Segment 1 Internship should be no less than 6 weeks and no longer than 6 months.

b) If the Supervisory Teacher has doubt about the potential of the student after completion of the theory and practice classes, the teacher may deny the student entrance into the Internship. In this case the student will get a refund of the Internship payment. If a teacher does not wish to accept a student as an intern, the teacher should notify EEI that they have denied the student entrance into the Internship.

c) Note also that even if the Supervisory Teacher is a professional psychotherapist or psychologist, he/she cannot act as a counselor or therapist for the intern while in the role of Supervisory Teacher.

d) The teacher will provide an Internship Kit for the student upon completion of the Personal Growth Training. A complete printed 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV' can be ordered from EEI, or as electronic files that can be received at no cost for print.

# 2 Payment

a) The Supervisory Teacher's portion of the Internship fee is paid by the student directly to the teacher. The teacher may allow for split payments.

b) EEI's portion of the Internship fee is paid by the student directly to EEI at the time when she/he requests certification as an Accredited Practitioner (see paragraph 11b).

# 3 Internship Requirements for Segment 1 - Sessions

a) Within the Internship period of Segment 1, the intern will perform a minimum of 16 EMF Internship sessions (Phase I and Phase II) *plus* 1 proficiency session to be demonstrated in the presence of the Supervisory Teacher. The proficiency demonstration will consist of one Phase I&II combination.

b) The recipients of the 16 sessions will include a minimum of 4 people (primary recipients) who have never before received an EMF session. Those 4 people must each receive Phase I and Phase II before the end of this segment. The remainder of the 16 sessions may be performed on anyone - other practitioners, people who have had previous EMF experiences, or additional sessions for the 4 primary recipients who have received 8 of the sessions.

At least one of the 16 sessions should be a Phase I&II combination. *A combination session counts as only one session towards the completion of 16 sessions.*

One (but not more than one) of the 16 sessions should be a distance session.

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c) The intern should clearly inform all recipients that the sessions are being given as part of an Internship period. It is recommended that the intern request that they would like the primary recipients to be committed (without obligation) to receiving all 4 sessions during the Internships from Segments 1 & 2. The primary recipients will of course be free to repeat a session or return to a previous session before moving on to the next one. If a primary recipient does not receive all the four phases, the intern will then find a new person willing to receive the 4 sessions to maintain their minimum requirements.

The sessions should be given for free (with no formal charge - however a donation may be accepted).

# 4 Internship Requirements for Segment 1 - Consultation Reviews

a) The intern will formally report to the Supervisory Teacher a minimum of 2 times for a consultation and review of progress, known as a 'Consultation Review'. This must be done in person, by phone, or using a webcam link. (An internet chat room is *not* an acceptable venue for a Consultation Review).

- **1st Consultation Review** - after the 1st Internship session.
- **2nd Consultation Review** - after 2 sessions following the Proficiency Demonstration.

# 5 Internship Requirements for Segment 1 - Proficiency Demonstration

a) The intern will demonstrate a Phase I&II combination session in the presence of the teacher. This demonstration will be arranged when the intern feels ready, but not before 14 Internship sessions.

*A minimum of 2 Internship sessions must be given after the proficiency demonstration and prior to the 2nd Consultation Review.*

b) The proficiency demonstration can be arranged in groups with a maximum size of 6 interns exchanging sessions - with a maximum of 3 interns at once performing a session. The interns will perform the sessions exactly as they do them when they are on their own with a client - in particular, they may use their quick guides.

c) The Supervisory Teacher provides individual feedback at the time of the demonstration and remaining questions are discussed. The teacher makes verbal recommendations on areas needing more attention, builds trust, praises strong points, boosts confidence, and provides support.

d) For each session demonstrated, the Supervisory Teacher completes and provides to the intern an Internship Proficiency Demonstration Report highlighting strengths, areas the intern can improve, and any other recommendations arising from the demonstration.

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# 6 Internship Requirements for Segment 2 - Sessions

a) Within the Internship period of Segment 2, the intern will perform a minimum of 17 EMF Internship sessions (Phase III and Phase IV) *plus* 1 proficiency session to be demonstrated in the presence of the Supervisory Teacher. The proficiency demonstration will consist of one Phase III&IV combination.

b) The recipients of the 17 sessions will include the 4 primary recipients (see paragraphs 3b and 3c), who must each receive both Phase III and Phase IV. The remainder of the 17 sessions may be performed on anyone.

At least one of the 17 sessions should be a Phase III&IV combination. *A combination session counts as only one session towards the completion of 17 sessions.*

One (but not more than one) of the 17 sessions should be a distance session.

The sessions should be given for free (with no formal charge - however a donation may be accepted).

# 7 Internship Requirements for Segment 2 - Consultation Reviews

a) The intern will formally report to the Supervisory Teacher a minimum of 2 times for a Consultation Review and also for a Continuing Connection Consultation Review.

- **3rd Consultation Review** - after the 1st Internship session (Phase III) of this segment.
- **Final Consultation Review** - after the last session of this segment.
- **Continuing Connection Consultation Review** - This is an informal review after the first 11 sessions as an Accredited Practitioner. It is not a requirement for Accreditation, but it is a requirement for the Accredited Practitioner to maintain their status with EEI.

# 8 Internship Requirements for Segment 2 - Proficiency Demonstration

a) The intern will demonstrate a Phase III&IV combination session in the presence of the teacher. This demonstration will be arranged when the intern feels ready, but not before 15 Internship sessions in this segment.

*A minimum of 2 Internship sessions must be given after the proficiency demonstration and prior to the Final Consultation Review.*

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# 9 Internship Requirements - Forms

a) The intern will maintain the following forms:

- **Internship Session Log Form** for all sessions they give during their Internship, which they should update at the end of each session. To maintain the privacy of the clients, the intern will use only the client's first name and the initial letter of their surname on this form (e.g. John E.).
- **Internship New Client Information Form** for each client. The intern will ask the client to fill out this form at the client's first session.
- **Internship Confidential Client Session Form** for each session. The intern will make notes on the back of this form after the session, to aid them later when filling out the Internship Consultation Review Form.
- **Internship Consultation Review Form (Intern Version)**. The intern will fill out one of these forms *prior to* each Consultation Review with the teacher, including the Final Consultation Review.
- **Internship Final Review Form (Intern Version)**. The intern will fill out this form *prior to* the Final Consultation Review.

b) The intern will provide the Supervisory Teacher with a copy of their up-to-date Internship Session Log Form *prior to* each Consultation Review. The copy of the log can be scanned and emailed, faxed, or sent by mail.

c) At each Consultation Review, the Supervisory Teacher and the intern will discuss all of the questions on the Internship Consultation Review Form. The teacher will use an Internship Consultation Review Form (Teacher Version) to make notes during the Consultation Review.

d) At the Final Consultation Review, the Supervisory Teacher and the intern will discuss all the questions on the Internship Consultation Review Form *and* the Internship Final Review Form. The teacher will fill in their versions of these forms with notes from the Final Consultation Review.

e) During the Internship and after its completion, both the Supervisory Teacher and the intern will keep all the completed forms from the Internship on file as a permanent record.

# 10 Incremental Email Confirmation

a) At the end of Segment 1 the Supervisory Teacher will assess whether the intern is competent to practice the sessions of that segment professionally. If so, the teacher will send an Incremental Email Confirmation to the intern, and a copy of this to EEI. This will also indicate that the intern has qualified to start Segment 2.

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b) If after all the Internship requirements of Segment 1 are met, the Supervisory Teacher still has doubt about the competency of the intern to carry out Phase I and Phase II professionally, the teacher may require additional sessions, demonstrations and/or Consultation Reviews before deciding to send the Incremental Email Confirmation.

## 11 Accreditation

a) Upon successful completion of Segment 2, the Supervisory Teacher will submit to EEI by fax or email the Accredited Practitioner Internship Verification of Accreditation Requirements form.

b) Upon successful completion of Segment 2, the intern will mail to EEI an Accredited Practitioner Internship Certificate Request Form and a signed copy of the EEI Policies and License forms, along with their final payment prior to accreditation. After payment is received, EEI will grant accreditation and issue a certificate. As soon as the accreditation is granted, EEI will notify the intern by email, and they may then begin their practice as an Accredited Practitioner.

c) If after all the requirements of Segment 2 are met, the Supervisory Teacher still has doubt about granting accreditation to the intern, the teacher may require additional sessions, demonstrations and/or Consultation Reviews before granting accreditation.

d) If the Supervisory Teacher feels that *long term* deferral or denial of accreditation is appropriate, then he/she must refer this to EEI to decide the appropriate course of action.

## 12 Miscellaneous

a) As part of the 3rd Consultation Review, the Business Practices teaching unit (Unit 4 from Phase IV - Day 1 teacher manual) will be discussed.

b) Accredited Practitioners are required to maintain a permanent record for each client, consisting of the New Client Information Form (practitioner version) and the Confidential Client Session Form (practitioner version).

c) At the Final Consultation Review and again at the Continuing Connection Consultation Review, the teacher will encourage and support the practitioner to maintain a continuing connection with the EMF community by utilizing any of the available resources (websites, on-line community forums, etc.)

d) The Supervisory Teacher is also available between Consultation Reviews for questions or clarifications.

# Internship Programs Prices*

**Accredited Practitioner Internship** (Page 87)

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**Incremental Phases I-IV Program Internship** (Pages 89-90)

*If there is a price change in your region
EEI will send a notice to the EMF teachers in that region

# EMF Balancing Technique® Training Prices (May 2008)

## Personal Growth Training & Accredited Practitioner Internship

| | | Personal Growth Training | | | | | Accredited Practitioner Internship | | |
|---|---|---|---|---|---|---|---|---|---|
| **Country** | **Currency** | **UCL** | **Ph I-III** | **Ph IV** | **Total** | **VAT** | **To ST** | **To EEI** | **Total** |
| **Australia** | **AUD** | | | | **1650** | **inc GST** | 1050.50 | 170 | **1220.50** |
| **Austria** | **Euro** | 90 | 180 | 270 | **900** | **+ VAT** | 700 | 125 | **825** |
| **Belgium** | **Euro** | 90 | 180 | 270 | **900** | **inc VAT** | 700 | 125 | **825** |
| **Canada** | **CAD** | 102 | 203 | 305 | **1016** | | 790 | 125 | **915** |
| **Central America** | **USD** | 70 | 120 | 195 | **625** | | 490 | 85 | **575** |
| **Estonia** | **Euro** | 72 | 144 | 216 | **720** | **+ VAT** | 560 | 100 | **660** |
| **Finland** | **Euro** | | | | **900** | **inc VAT** | 700 | 125 | **825** |
| **France** | **Euro** | 107.64 | 215.28 | 322.92 | **1076.40** | **inc VAT** | 837.20 | 125 | **962.20** |
| **Germany** | **Euro** | 90 | 180 | 270 | **900** | **+ VAT** | 700 | 125 | **825** |
| **Greece** | **Euro** | 90 | 180 | 270 | **900** | **+ VAT** | 700 | 125 | **825** |
| **Hungary** | **Euro** | 70 | 120 | 195 | **625** | **inc VAT** | 490 | 85 | **575** |
| **Ireland** | **Euro** | 90 | 180 | 270 | **900** | | 700 | 125 | **825** |
| **Israel** | **ILS** | 350 | 670 | 990 | **3350** | **inc VAT** | 2450 | 450 | **2900** |
| **Italy** | **Euro** | 90 | 180 | 270 | **900** | **+VAT** | 700 | 125 | **825** |
| **Japan** | **Yen** | 12500 | 25000 | 37500 | **125000** | | 90000 | 16000 | **106000** |
| **Latvia** | **Euro** | 90 | 180 | 270 | **900** | | 700 | 125 | **825** |
| **Mexico** | **USD** | 70 | 120 | 195 | **625** | | 490 | 85 | **575** |
| **Netherlands** | **Euro** | 90 | 180 | 270 | **900** | **inc VAT** | 700 | 125 | **825** |
| **New Zealand** | **NZD** | 165 | 260 | 320 | **1265** | **inc GST** | 960 | 170 | **1130** |
| **Norway** | **NOK** | | | | **10630** | **+ VAT** | 8500 | 1250 | **9750** |
| **Russia** | **Euro** | 90 | 180 | 270 | **900** | | 700 | 125 | **825** |
| **Singapore** | **SGD** | 130 | 260 | 390 | **1300** | | 1020 | 180 | **1200** |
| **South Africa** | **Rand** | | | | **4000** | | 3050 | 550 | **3600** |
| **South America** | **USD** | 70 | 120 | 195 | **625** | | 490 | 85 | **575** |
| **Spain** | **Euro** | 90 | 180 | 270 | **900** | | 700 | 125 | **825** |
| **Switzerland** | **CHF** | 135 | 270 | 405 | **1350** | | 1050 | 190 | **1240** |
| **Turkey** | **USD** | 90 | 180 | 270 | **900** | | 700 | 125 | **825** |
| **United Arab Emirates** | **AED** | 400 | 700 | 1025 | **3525** | | 2660 | 475 | **3135** |
| **UK** | **GBP** | 70 | 140 | 220 | **710** | **inc VAT** | 550 | 95 | **645** |
| **USA** | **USD** | 90 | 180 | 270 | **900** | | 700 | 125 | **825** |

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# EMF Balancing Technique® Training Prices (May 2008)

## Upgrade Internship*

*For Certified Practitioners only, who have completed the Certified Practitioner Training (older program) and wish to become Accredited Practitioners.

| | | Upgrade Internship | | Tax |
|---|---|---|---|---|
| **Country** | **Currency** | **To ST** | **To EEI** | **Total** |
| **Australia** | **AUD** | 449.90 | 102 | **551.90** |
| **Austria** | **Euro** | 440 | 85 | **525** |
| **Belgium** | **Euro** | 525 | 100 | **625** |
| **Canada** | **CAD** | 615 | 100 | **715** |
| **Central America** | **USD** | 360 | 70 | **430** |
| **Estonia** | **Euro** | 420 | 80 | **500** |
| **Finland** | **Euro** | 440 | 85 | **525** |
| **France** | **Euro** | 788.60 | 150 | **938.60** |
| **Germany** | **Euro** | 440 | 85 | **525** |
| **Greece** | **Euro** | 525 | 100 | **625** |
| **Hungary** | **Euro** | 360 | 70 | **430** |
| **India** | **USD** | | | |
| **Ireland** | **Euro** | 525 | 100 | **625** |
| **Israel** | **ILS** | 2435 | 465 | **2900** |
| **Japan** | **Yen** | 68000 | 13000 | **81000** |
| **Mexico** | **USD** | 360 | 70 | **430** |
| **Morocco** | **MAD Dihram** | | | |
| **Netherlands** | **Euro** | 525 | 100 | **625** |
| **New Zealand** | **NZD** | 475 | 75 | **550** |
| **Norway** | **NOK** | 6200 | 1180 | **7380** |
| **Singapore** | **SGD** | 525 | 100 | **625** |
| **South Africa** | **Rand** | 2185 | 415 | **2600** |
| **South America** | **USD** | 360 | 70 | **430** |
| **Spain** | **Euro** | 525 | 100 | **625** |
| **Sweden** | **SEK** | | | |
| **Switzerland** | **CHF** | 785 | 155 | **940** |
| **Turkey** | **USD** | 525 | 100 | **625** |
| **UK** | **GBP** | 400 | 75 | **475** |
| **USA** | **USD** | 525 | 100 | **625** |

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- If your country is not listed, please contact EEI for prices.

# Incremental Phases I-IV Program
## Program & Pricing Overview

| | TRAINING | | INTERNSHIP | | | | | TOTAL | |
|---|---|---|---|---|---|---|---|---|---|
| | # Days | Price | Duration | Internship Sessions | Consultation Reviews | Prof. Demos | Price | PRICE | |
| **SEGMENT 1** | 3 | | 6 weeks - 6 months | | | | | | At end of Segment 1, after recommendation by teacher - student gets Incremental Email Confirmation and may give Phase I & Phase II professionally. |
| **Phase I (Day 1)** | | $450.00 | | | | | $350.00 | **$800.00** | |
| **Phase II (Days 2&3)** | | | | 1 | 1st Consultation Review | | | | |
| | | | | 13 | | Phase I&II | | | |
| | | | | 2 | 2nd Consultation Review | | | | |
| | | | | **Total: 16 sessions for Segment 1** | | | | | |
| **SEGMENT 2** | 2 | | 6 weeks - 6 months | | | | | | At end of Segment 2, after recomendation by teacher - student becomes Accredited Practitioner |
| **Phase III (Day 1)** | | $360.00 | | | | | $350.00 | **$710.00** | |
| **Phase IV (Day 2)** | | | | | | | | | |
| | | | | 1 | 3rd Consultation Review | | | | |
| | | | | 14 | | Phase III&IV | | | |
| | | | | 2 | Final Consultation Review | | | | |
| | | | | | Continuing Connection Consultation Review (after 11 sessions as Accredited Practitioner) | | | | |
| | | | | **Total: 17 sessions for Segment 2** | | | | | |
| **TOTALS** | **5** | **$810.00** | **12 weeks - 1 year** | **33 sessions** | **5 Consultation Reviews** | **2 Prof. Demos** | **$700.00** | **$1,510.00** | **<---- Total fee student pays teacher for 5 days training & Internship** |
| | | | | | **PLUS fee student pays EEI for Internship ---->** | | | **$125.00** | |
| | | | | **Total fee student pays for 5 days training & Internship ---->** | | | | **$1,635.00** | |

**Notes:**

#1 Prices shown are for the USA (currency: USD).
#2 The total price for the 5 training days remains the same as the price for Phases I-IV in the Personal Growth Training (PGT).
#3 Phase II is increased in price compared to Phase II in the PGT as it is now a 2-day class.
#4 Phase IV is reduced in price compared to Phase IV in the PGT as it is now a 1-day class.
#5 The portion of the Internship fee paid to the teacher remains the same as it used to be. It is split into two halves - one half for Seg. 1 and one half for Seg. 2.
#6 The portion of the Internship fee paid to EEI remains the same as it used to be.

# EMF Balancing Technique® Training Prices (May 2009)

## Incremental Phases I-IV Program

| | | Segment 1 | | | | Segment 2 | | | | | | Accredited Practitioner Internship | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Country | Currency | Ph I | Ph II | Int ST (S1) | Total S1 | Ph IIII | Ph IV | Int (S2) | Total (S2) | TOTAL (S1&S2) | VAT | To ST | To EEI | Total |
| Australia | AUD | | | 525.25 | | | | 695.25 | | | inc GST | 1050.50 | 170 | **1220.50** |
| Austria | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | + VAT | 700 | 125 | **825** |
| Belgium | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | inc VAT | 700 | 125 | **825** |
| Canada | CAD | 203 | 305 | 395 | 903 | 203 | 203 | 520 | 926 | **1829** | | 790 | 125 | **915** |
| Central America | USD | 120 | 195 | 245 | 560 | 120 | 120 | 330 | 570 | **1130** | | 490 | 85 | **575** |
| Estonia | Euro | 144 | 216 | 280 | 640 | 144 | 144 | 380 | 668 | **1308** | + VAT | 560 | 100 | **660** |
| Finland | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | inc VAT | 700 | 125 | **825** |
| France | Euro | 215.28 | 322.92 | 418.6 | 956.8 | 215.28 | 215.28 | 543.6 | 974.16 | **1930.96** | inc VAT | 837.20 | 125 | **962.20** |
| Germany | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | + VAT | 700 | 125 | **825** |
| Greece | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | + VAT | 700 | 125 | **825** |
| Hungary | Euro | 120 | 195 | 245 | 560 | 120 | 120 | 330 | 570 | **1130** | inc VAT | 490 | 85 | **575** |
| Ireland | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | | 700 | 125 | **825** |
| Israel | ILS | 670 | 990 | 1225 | 2885 | 670 | 670 | 1675 | 3015 | **5900** | inc VAT | 2450 | 450 | **2900** |
| Italy | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | +VAT | 700 | 125 | **825** |
| Japan | Yen | 25000 | 37500 | 45000 | 107500 | 25000 | 25000 | 61000 | 111000 | **218500** | | 90000 | 16000 | **106000** |
| Latvia | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | | 700 | 125 | **825** |
| Mexico | USD | 120 | 195 | 245 | 560 | 120 | 120 | 330 | 570 | **1130** | | 490 | 85 | **575** |
| Netherlands | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | inc VAT | 700 | 125 | **825** |
| New Zealand | NZD | 260 | 320 | 480 | 1060 | 260 | 260 | 650 | 1170 | **2230** | inc GST | 960 | 170 | **1130** |
| Norway | NOK | | | 4250 | | | | 5500 | | | + VAT | 8500 | 1250 | **9750** |
| Russia | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | | 700 | 125 | **825** |
| Singapore | SGD | 260 | 390 | 510 | 1160 | 260 | 260 | 690 | 1210 | **2370** | | 1020 | 180 | **1200** |
| South Africa | Rand | | | 1525 | | | | 2075 | | | | 3050 | 550 | **3600** |
| South America | USD | 120 | 195 | 245 | 560 | 120 | 120 | 330 | 570 | **1130** | | 490 | 85 | **575** |
| Spain | Euro | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | | 700 | 125 | **825** |
| Switzerland | CHF | 270 | 405 | 525 | 1200 | 270 | 270 | 715 | 1255 | **2455** | | 1050 | 190 | **1240** |
| Turkey | USD | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | | 700 | 125 | **825** |
| UAE | AED | 700 | 1025 | 1330 | 3055 | 700 | 700 | 1805 | 3205 | **6260** | | 2660 | 475 | **3135** |
| UK | GBP | 140 | 220 | 275 | 635 | 140 | 140 | 370 | 650 | **1285** | inc VAT | 550 | 95 | **645** |
| USA | USD | 180 | 270 | 350 | 800 | 180 | 180 | 475 | 835 | **1635** | | 700 | 125 | **825** |

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EMF Balancing Technique®

*Honoring Humanity*

# Unit 5

# **Combination Sessions**

TRANSITION
to Combination
Sessions

**MOVE** to this next section by **SAYING**:

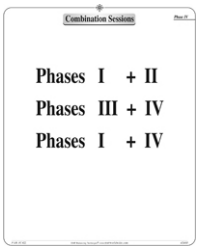
- Next, we'll talk about combining sessions.

## Unit 5: Combination Sessions

Time: 20 minutes

1. **TELL** the class:
   - Up to this point, we have talked about doing each of the phases in sequence, where the receiver receives one session per visit, beginning with Phase I and finishing with Phase IV.

2. **TELL** the class that they can also offer specific combinations of phases - known as combination sessions - to their receivers.




FLIP CHART
#22 Combination
Sessions

3. **SAY:**
   - You can offer:

     - a combination of Phase I and Phase II

     - a combination of Phase III and Phase IV

     - a combination of Phase I and Phase IV

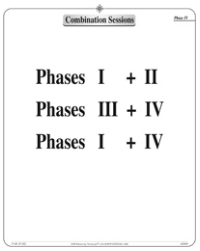
4. **EXPLAIN:**

   - You can always repeat a phase that you have already done.
   - It is recommended that a receiver only receive up to two phases per day or one combination session per day.

5. **HIGHLIGHT** the following points about combination sessions by **SAYING:**

   - Next, I'll highlight some important points about combining specific sessions.
   - You are welcome to take notes.
   - For all the combinations you open the field from the Center Above to the Center Below to radiate core energy.

## Phase I and Phase II




FLIP CHART
#22 Combination Sessions

- For the Phase I and Phase II combination you perform the Phase I session until you have balanced the upper body.
- This is referenced on page 9 in your Phase I workbook.
- Then, you begin the Phase II session beginning on page 2 of the Phase II workbook.
- You then complete the Phase II session until the end.

**Phase III and Phase IV**

- For the Phase III and Phase IV combination you perform the Phase III session until you have completed the clearing.
- This is referenced on page 29 of your Phase III workbook.
- Then, you begin the Phase IV session on page 1 of your Phase IV workbook and complete the Phase IV session until the end.

**Phase I and Phase IV**

- A receiver must have completed all phases up to and including Phase III before you can offer a Phase I and Phase IV combination.
- For the Phase I and Phase IV combination you perform the Phase I session until you have completed balancing the lower body.
- This is referenced on page 12 of your Phase I workbook.
- Then, you begin the Phase IV session on page 1 of your Phase IV workbook and complete the Phase IV session until the end.

6. **POINT OUT** that once a receiver has completed all phases (I - IV) they have a choice of any session.

7. **EXPLAIN** the benefit of combinations:
   - Combination Phase I and Phase II may be offered as the first session to your receiver.
   - Combinations offer an option to receivers that have long distances to travel to receive their sessions or do not have enough time to receive individual sessions.
   - Also, combinations are cost effective; they are typically less expensive than two separate sessions.
   - Combinations are as effective as individual sessions. However, sometimes a receiver may prefer a single session.

8. **ASK** for questions and respond as needed.

9. **MOVE** to the next section by **SAYING:**
   - At times, there may be a situation with a receiver when they may not be able to physically come to you to receive a session. In the next section, we'll talk about how to give a distance session.

TRANSITION to Distance Sessions

*Through Peggy's eight years of private practice she found that some clients preferred combination sessions and some clients preferred single phases.*

*The idea is to offer the client the best and most complete service that you can.*

EMF Balancing Technique®

*Honoring Humanity*

# Unit 6
# **Distance Sessions**

## Unit 6: Distance Sessions

Time: 2 hours

1. **INTRODUCE** distance sessions:
    - If you recall the UCL workshop, on the first day of your training, you practiced a brief energy balancing using the movement of your eyes.
    - This type of energy work without physical contact is an accepted phenomenon.
    - Therefore, you can do sessions with a receiver even if they are not present.
    - Some are drawn to this type of energy work and others are not; we simply provide it as an option.
    - If you choose to offer this type of session in your practice, there are certain guidelines to follow, to ensure the integrity of distance sessions as a service of the EMF Balancing Technique.
    - Next, we'll introduce these guidelines.

TRANSITION
to Performing a
Distance Session

## Four Ways to Perform a Distance Session

2. **TELL** the class that you will now discuss the four ways to perform distance sessions.

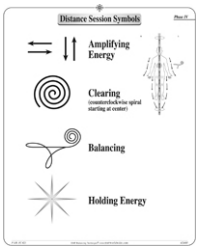
### Visualize the Session

***
FLIP CHART
4 Ways: Distance Session

3. **SAY:**
   - One of the ways to perform a distance session is to visualize performing the session on your receiver exactly as you would in person.

### Draw the Session

4. **SAY:**
   - Before your session begins, draw an illustration of a figure and label the right side with the letter *R* and the left side with the letter *L*. This figure represents your receiver.
   - During the session, as you work with your illustration you use symbols to represent the movements performed during the session.




FLIP CHART
#21 Distance Session Symbols

WORKBOOK
Pg. 45
Distance Session Symbols

5. **REFERRING** to the flip chart and workbook page 45 explain each of the symbols:
    - Let's take a couple of minutes and talk about the symbols.
    - As you can see on the flip charted illustrations, there are four symbols that are used when drawing a session.
    - The first symbols are arrows, which show the direction of energy.
    - For example, on the illustration in the upper right corner of the flip chart, you can see how the arrows are used in the Energetic Body Prep.
    - The next symbol is a counterclockwise spiral which opens outwards from its center.
    - This counterclockwise spiral is used for clearing.
    - On our illustration it is placed at the solar plexus, indicating that the solar plexus is being cleared.
    - The next symbol is the Energy Activation Symbol.
    - The Energy Activation Symbol is used for balancing.
    - Again, on our figure, you can see the placement of the Energy Activation Symbol indicating the balancing of the solar plexus.
    - And finally, the star symbol, which is used to indicate the holding of energy.
    - Looking at our illustration, you can see how the symbol is used to illustrate holding the hips, knees and ankles.
    - To help differentiate between the symbols, you can use different colored pens for each of the symbols.
6. **ASK** if there are any questions before continuing.

**Read the Session Script**

7. **SAY:**
    - The next option is to use a distance session script to read a session to your receiver.

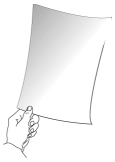
*Phases I, II, III, IV distance sessions scripts are in Forms & Handouts Package – Accredited Practitioner Internship (API) I-IV Kit. Please print out or give copies to your students.*

**Act out the Session**

8. **SAY:**
    - A final option is to physically act out all the movements in a session as if your receiver was in your presence.
    - When you do this, you make the movements around a massage table or something similar, while imagining your receiver as being present.

TRANSITION to Distance Session Scripts

9. **MOVE** to the next topic by **SAYING:**
    - Next, we'll talk about how to use the above ways of performing a distance session in various scenarios, starting with distance session scripts.



HANDOUT
Distance Session
Script

10. **HAND OUT** and **REFER** the class to Form #26 (8 sheets) the EMF Balancing Technique Distance Session script Phase I.

11. **REVIEW** the first paragraph emphasizing the following points:

    - If you choose to use the distance session in your practice, there are certain guidelines to follow.
    - These guidelines are intended to ensure the integrity of the session as a service of the EMF Balancing Technique.
    - First, when doing these types of sessions, please follow the set pattern. Detailed amplifying of the energy will bring about the best results.
    - Distance sessions require uninterrupted focus, so be sure your environment is quiet and free from distractions.
    - The one to one, in-person table work for Phases I - IV is still the preferred way to do an EMF Balancing Technique session.
    - However, if a receiver is unable to do table work because of distance or illness, such as someone who is bedridden, then the distance session is a good alternative.
    - **For students/interns that decided to do the internship program to become practitioners:** Please keep records of your distance sessions as you do with your in-person sessions. This will help us all to grow in our understanding of this work.

TRANSITION
to Phone Session

12. **MOVE** to the phone session by **SAYING:**

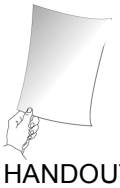
    - Let's continue with this form and take a look at performing a phone session.

## Distance Session Scenarios

### Phone Session

13. **SAY:**

    - Based on the earlier explanations of the different ways to perform distance sessions, let's take a look at how they are used when conducting phone sessions.



HANDOUT
Distance Session Script

14. **REVIEW** option 1 - phone session:

    - Let's take a look at option 1 - a phone session.
    - With your receiver listening on the phone, you can use any of the four methods - visualizing, drawing, reading or acting out - or any combination of the four methods as you talk them through a session.
    - If you are acting out a phone session, you will need to wear a headset.
    - A live phone session is about 1 hour in length.
    - Also, allow time for feedback from the receiver if they choose to provide it, and answer any questions that they may have.

### Long Distance Session

15. **REVIEW** option 2 - long distance session:

    - Option 2 is a long distance session, in which your receiver agrees to receive a session without being on the phone.
    - Schedule an agreed upon time when both you and your receiver can work together. While talking with your receiver, ask for permission to radiate core energy.

- Your receiver should sit or lay quietly uninterrupted, at the same time that you give the session. The giving and receiving of the session is always done simultaneously.
- The session can be done using any of the four methods or a combination of them.
- Be sure to schedule a follow-up time to speak with each other so you are able to record the receiver's feedback and respond to any questions or concerns that the receiver may have.

**Short Distance Session**

16. **REVIEW** option 3 - short distance session:
    - The third option is a short distance session, which is done with the person present.
    - Short distance work is useful in situations where you have someone that is unable to move, restricted to bed or any receiver requiring a "hands off" session
    - Also, you can combine short distance work with table work when you are restricted with particular movements due to a receiver's physical limitation.
    - Again, you may use any of the four methods or combination of them.

**Self Session**

17. **EXPLAIN** how to conduct a self session:
    - You can also use any of the tools that you have learned to perform a self session.
    - You can draw a session.
    - You can sit or lie down and with your eyes closed visualize performing a session on yourself.
    - You can read a session to yourself.

18. **HIGHLIGHT** these points about distance sessions:
    - Provide a thorough introduction to the receiver so they understand the process.
    - Provide any definitions of terms or acronyms which they might not be familiar with, for example, UCL, radiating core energy or octahedron.
    - Modulate your voice so that it is has a soft comfortable tone and volume.
    - Take time with the dialog and move at a comfortable pace.
    - Also, add your own verbal transitions that will make moving from one step to the next smooth.
    - Remember, the say alouds are stated as if the receiver was physically present.

19. **ASK** if there are any questions and respond as needed.

TRANSITION to Distance Session Activity

20. **TELL** students that they will now do an activity that will provide them an opportunity to experience giving and receiving a distance session, reading through a session script with a partner.

**Distance Session Activity**

1. **ASK** the class to turn to page 2 of their Distance Session script.

2. **TELL** the class that they will use the script starting from Phase I Phone Session Dialogue.

***
FLIP CHART
Distance Session Activity

3. **REFER** to the flip chart for the distance session activity and review the instructions:
    - Choose a partner and find a comfortable space to work.
    - Each person will give and receive a Phase I session.

*Abbreviate these for the flip chart.*

- Each session: approx. 30 minutes in length.
- 10 minute break before switching.
- After second session - 10 minute break.
- Suggestion: journal your experience during your break time.
- Sit close to each other, modulate voice for a comfortable tone and pace your dialog.
- Phases I-IV distance sessions may be done as single sessions or as one of the combinations sessions.

4. **ASK** the class to begin the activity.

5. **MONITOR** time and let the group know when they have five minutes left, toward the end of each session.

6. **CIRCULATE** and provide assistance as needed.

7. **DEBRIEF** the exercise by **ASKING:**
   - How did it go?

8. **ALLOW** a few minutes for the class to share their experiences.

***
FLIP CHART
Key Points

9. **REVIEW** the following key points:
   - A phone session will normally last approximately 45 minutes to 1 hour and 15 minutes. This will depend on how much time is spent talking with the receiver before the session begins and after the session is completed.
   - During phone sessions, it has been found that whatever method you use, the stronger the focus, the stronger the energy flows.

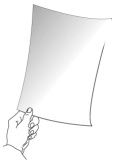
*You can abbreviate the key points on the flip chart.*

- Every step is important when doing a distance session; therefore all steps should be completed.
- Provide a thorough introduction with your receiver including the process, terminology and receiver responses.
- Attention to detail will enhance the results.
- Voice modulation.
- Pace the session.
- Schedule follow-up.

10 **ASK** for questions and respond as needed.

11. **ASK** if the class has any questions concerning the forms.

**The following section (12-16) is only for students/interns that decided to do the internship program to become practitioners:**



HANDOUT
Distance Session Confidential Client Record

12. **REFER** to the Distance Session Confidential Client Record form #30. You can draw a session, using this form.

13. **REVIEW** the form, **HIGHLIGHTING** all areas.

14. **REMIND** students/interns that this form is a confidential record.

15. **REMIND** students/interns to keep a file of their distance session receivers just as they would for all of their receivers/clients.

16. **ASK** if the class has any questions concerning the forms.

***Option:*** *If you are short on time, you can skip the Intro Session and move directly to Unit 8, Summary and Conclusion to finish the day. If you choose to practice the Intro Session, add 30 minutes to your time.*

TRANSITION
to Intro Session

17. **MOVE** to the next activity by **SAYING:**

- Everybody has been doing a great job. The last activity we'll do today is one that you were introduced to during the UCL workshop - the Intro Session.
- This will provide you an opportunity to practice the Intro Session as well as a nice way to finish the day.

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# Unit 7

# **Intro Session**

## Unit 7: Intro Session

Time: 30 minutes

1. **TELL** the class to make sure that they have their UCL student workbooks with them when they break into their groups.

***

FLIP CHART
Intro Session
Activity

WORKBOOK
UCL
Pg. 20
Intro Session

2. **REFER** to the flip chart for the Intro Session Activity and **REVIEW** the instructions:
   - We will do one Intro Session.
   - You will work in groups of three. After forming your groups of three, find a comfortable space to work.
   - Then choose one person to be the receiver, one person to be the observer and one person to be the giver.
   - The observer will guide the giver through the Intro Session beginning on page 20 of their UCL workbook.
   - The session will last around 20 minutes.
   - After the session, the receiver will take about 5 minutes and provide feedback to the giver.
   - Once the feedback has been completed, please return to your original seats.

*Adjust the group sizes according to the number of students you have in class.*

*In a group of two, the student can use their UCL workbook and work through the Intro Session.*

*Abbreviate these for the flip chart. Feel free to expand on any of them that you choose.*

3. **ASK** if there are any questions before beginning.

4. **INVITE** the class to begin.

5. As students perform the Intro Session **CIRCULATE** and provide assistance as needed.

6. **DEBRIEF** the Intro Session Activity by **ASKING:**
   - How did it go?

7. **ALLOW** a few minutes for the class to share their experiences.

TRANSITION to Summary and Conclusion

8. **MOVE** to the next section:
   - Next, we'll take a few minutes to do a quick summary and then wrap it up for today.

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# Unit 8

# **Summary and Conclusion**

## Unit 8: Summary and Conclusion

Time: 10 minutes

*If you have skipped the Intro Session, eliminate the last bullet from your summary.*

***

FLIP CHART
Day Schedule

1. Using the schedule **BRIEFLY SUMMARIZE** each section listed:
    - We introduced the Lattice Theory of Phase IV, focusing on the front fibers.
    - We also learned how to use the magnificent energy of the Universe, to help create what you want for yourself.
    - Next, we had the Potential You meditation where you took what you wanted to create, put it into a ball of light and energy and moving beyond the front fibers, met your potential self. Then you stepped back and observed.
    - We then talked about the co-creative cycle, highlighting the importance of doing our part of the work as we co-create with the Universe.
    - Next we talked about combination sessions and distance sessions. Then, working with your partner, each of you had the experience of a distance session both as giver and as receiver.
    - And finally, we finished the day with the Intro Session.

2. **ASK** if there are any questions regarding anything that was covered throughout the day and respond as needed.

*You may choose to close the day with an energy exercise of your choice from the list on page 259 in the Teacher Support section.*

3. **HIGHLIGHT** the next day:
    - Tomorrow, we'll start the day with a review of the course so far, preview the steps for the Phase IV session, see the video demonstration and then practice the session in groups.
    - Please remember to bring your Energetic Body Prep and Phase IV workbooks with you tomorrow.

4. **THANK** the class for their participation and dismiss the class.

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# Phase IV

# *Energetic Accomplishment and Potential*

# Day 2

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## Workshop Checklist - Day 2

**Assemble the following materials before conducting the workshop:**

Audiovisual equipment: video player and monitor, overhead projector (optional), CD player, LCD data projector (optional)

Forms

Miscellaneous spare materials for students (pens, pads, markers)

Wall charts (if available)

Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre

Massage tables and covers (2 - 3 students per table)

Covers (sheet or other light material to cover client)

**Teaching materials:**

Phase IV teacher manual

(1) Energetic Body Preparation workbook

(1) Phase IV student workbook

Pre-illustrated flip charts (created by EEI – in PDF and PowerPoint formats)

Pre-prepared flip charts (created by teacher)

Markers (various colors)

Transparency or PowerPoint slides (optional)

Music (CD) for practice sessions and meditations

Timer (or other timing device)

Demonstration video with Peggy Phoenix Dubro (Phase IV)

**Prepare:**

Flip charts (created by teacher)

Training facility arrangements (if necessary)

**Optional:**

UCL posters, CDs, DVDs, introductory videos and Elegant Empowerment for purchase

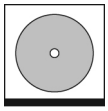
Eye pillows

Silk covers or other appropriate covering for clients during the practice sessions

Head and knees/ankles supports (pillows, etc)

## Manual Icons

References the page in the student's workbook which contains the information which you are discussing

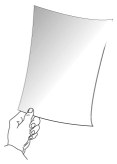
 Indicates you will be showing a video. It is important to highlight what your students will be seeing; inform them if you want them to be looking for anything specific in the video and how many minutes the video will run

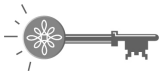
Indicates that the information you are presenting is referenced on the EEI prepared flip chart

*** Indicates that the information you are presenting is referenced on a flip chart that is prepared by you, the teacher

Indicates an optional energy exercise

Indicates a point of transition between topics

 Indicates a handout



Indicates a key learning point and an opportunity for you to emphasize to the class that the information being presented is important

Indicates a musical selection of your choice

Indicates a picture or slide

Indicates especially important information

## Teacher's Template

Note: Prior to the beginning of class complete the Teacher's Template which is an exercise that facilitates the energetic posture appropriate to teach the EMF Balancing Technique.

**I. Place your attention in your Center Above**

Give the intent for **Descent of Light:**

*"I now give permission to allow the platinum energy to flow through the light pattern of the Teacher's Template. I give permission for the pure resonance of this alignment to create the appropriate calibration of being in service as I teach the EMF Balancing Technique. As the energy descends, I become very focused and I Remember I Am."*

**II. Place your attention in your crown center and third eye**

Give the intent for **Wisdom:**

*"I now give the intent for the platinum energy to flow through my crown center and the area of my third eye, increasing the expression of my inner wisdom."*

**III. Place your attention in your throat**

Give the intent for **Power:**

*"The words that I speak when I am teaching carry power; the energy responds when I amplify it."*

**IV. Place your attention in your heart center, arms and hands**

Give the intent for **Loving Action:**

*"I give the intent to allow myself to be nurtured first. The energy flow of my heart center intensifies front and back. My movements and touch are pure and activated with love as I amplify platinum energy."*

**V. Place your attention in your solar plexus**

Give the intent for **Personal Growth:**

*"As I teach, I discover that each class is different although the material which I must cover is the same. This form of teaching opens the door to expressing greater compassion and patience. Some students will present new challenges to holding my center and new ways to open my heart. Many students will inspire me as I observe the energy of love in action. As I teach I affirm: I am a student also."*

**VI. Place your attention in your creative/sexual center**

The first few times you teach this class you may feel like you have "given birth". Energetically you have, through the expansion of your creative connection to the Unlimited Source.

Give the intent for **Birth:**

*"As I allow my creativity to express itself in this manner, I reap many benefits in my life. As I facilitate this opening for others, I am aware that this may carry a charge of sexual* energy. I always keep my actions clear and appropriate."*

*It is important to be aware that as a teacher you will be facilitating this opening for your students. The conduct of a teacher is equal to the integrity of the work when representing the EMF Balancing Technique®.

**VII. Place your attention in your base center**

Give the intent for **Vitality:**

*"I now give the intent to be well grounded in my body. This alignment keeps me in balance. My base center and my creative center provide the vitality I need to teach the training."*

**VIII. Place your attention in your Center Below**

Give the intent for **Grounding:**

*"As the template continues down through my legs to my Center Below, I feel confident and ready to stand strong before this class. Connecting with the earth through this center creates an energetic grounding for all the intentions just given.*

Take a nice deep breath

*"I now become aware of a flame of energy in both palms of my hands. In my right palm, the flame is golden; in the left palm the flame is platinum. This is the alignment I transmit to those who choose to learn the EMF Balancing Technique."*

Take a few moments to breathe in the platinum vibration through each energy center.

Give intent for this energy to enhance your evolutionary process and as always according to your unique balance.

Namaste Dear Teacher,

Peggy Phoenix Dubro

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# Unit 1

# **Welcome and Day Schedule**

# Phase IV: Energetic Accomplishment and Potential - Day 2

## Unit 1: Welcome and Day Schedule

Time: 10 minutes

1. **WELCOME** students to the second day of Phase IV: Energetic Accomplishment and Potential.

2. **OPTIONAL ENERGY EXERCISE:**
   - You have a choice of which energy exercise you would like to use. Please refer to the Teacher Support section page 259 for a list of options.
3. After completing the energy exercise **ASK:**
   - How does that feel?
4. **ALLOW** a few moments for feedback.
5. If necessary, invite the class to return to their original seats.

***
FLIP CHART
Day Schedule

6. **INTRODUCE** the schedule:
   - Review UCL to Phase IV
   - Video Demonstration
   - Practice Session 1
   - Lunch
   - Practice Sessions 2 and 3
   - Phase IV Session Review
   - Social Time

*Display the schedule where you and your students will be able to review it as needed.*

TRANSITION
to Review UCL to
Phase IV

7. **MOVE** to the next section:
   - Next, we'll take a look at what you have accomplished to date, highlighting the key points of each day.
   - Also, we'll review the light templates that are associated with each phase.

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# Unit 2
# Review UCL to Phase IV
# and
# Light Templates

## Unit 2: Review UCL to Phase IV and Light Templates

Time: 45 - 60 minutes

FLIP CHARTS
UCL &
Phases I-IV

Using the UCL and Phase I - IV flip charts, review all of the key points beginning with the UCL flip chart. Be sure to include in your review each of the light templates associated with each phase. For additional support, please see the appropriate chapters in Elegant Empowerment.

**- - - 1 0 m i n u t e b r e a k - - -**

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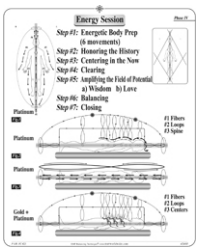
# Unit 3
# Video Demonstration
# and
# Practice Session 1

## Unit 3: Video Demonstration and Practice Session 1

Time: 2 hours

1. **WELCOME** the class back from break.




FLIP CHART #23 Energy Session

2. **REFERRING** to the flip chart, introduce the seven steps of Phase IV:
   - Phase IV consists of seven steps:
     - Energetic Body Prep (6 movements)
     - Honoring the History
     - Centering in the Now
     - Clearing
     - Amplifying the Field of Potential
       (a) Wisdom (b) Love
     - Balancing
     - Closing

*Display these steps where the class can easily reference them.*

3. **ASK** the class:
   - Can you name the steps that are different from the ones that you have seen previously?

     Desired Response: *Honoring the History, Centering in the Now and Amplifying the Field of Potential were not steps in the previous phases. Also, I don't see "Radiating core energy".*

*Acknowledge students that notice the absence of Radiating core energy. Inform them that you will be discussing this shortly.*

4. **THANK** the class for their contributions and tell them you will take a few moments and review each of the steps.

5. **EXPLAIN:**

- In the Energetic Body Prep we use platinum energy when amplifying energy up through the body.
- And when we are amplifying energy through the heart center, the receiver's inner wisdom determines whether golden or platinum energy is used.
- You simply hold in your mind the intent that the receiver's inner wisdom will amplify golden or platinum.
- For the rest of the movements, you simply amplify the receiver's own energy as done previously.

WORKBOOK
Phase IV
Pg. 1
Second Phoenix Factor

6. **EXPLAIN** Honoring the History:

- If you recall, when we talked about the theory of Phase IV, we talked about the importance of honoring your history.
- When you do this, you acknowledge that all the experiences that you have had to this point have created *you,* present in this moment in time.
- This contributes to a sense of deep peace and can stimulate elegant release of old charges and a deeper sense of trust within.
- The released charge of energy becomes available in Now time and is recycled as pure energy.

*Inform the class that this information is referenced in their Phase IV manuals in the margin on Pg. 1.*

7. **EXPLAIN** Centering in the Now:

- We center in the Now because this is where we want the reality which we are co-creating to be expressed.
- Remember, Phase IV encourages Energetic Accomplishment in the present or Now time.

WORKBOOK
Phase IV
Pg. 1
First Phoenix Factor

8. **EXPLAIN** Amplifying the Field of Potential:
   - We still radiate core energy in Phase IV. In Phases I - III, we did this right after the Energetic Body Prep - it was the second step.
   - Now, in Phase IV, radiating core energy occurs at Step 5 and is appropriately titled "Amplifying the Field of Potential".
   - In Phase IV we are working at a level within the lattice that requires the strongest sense of balance possible for the individual in the moment.
   - This movement causes a deep calibration of the fibers and loops associated with the potential of the individual.

9. **ASK** for questions and respond as needed.

10. **INTRODUCE** the remaining steps in Phase IV:
    - Next we'll take a few moments and review the rest of the steps in Phase IV.

11. **REVIEW** the Energetic Body Prep, Clearing, Balancing and Closing:

    - What is the purpose of beginning each session with the Energetic Body Prep?

      Desired Response: *The Energetic Body Prep, as the name suggests, prepares the body energetically and sets the resonance for a good session. It also assists the receiver in raising their vibrational frequency and initiates the circulation of energy.*

    - What is the purpose of Clearing and Balancing?

      Desired Response: *Clearing and Balancing help calibrate the resonance of the lattice so that the receiver can hold as much of their energy as possible.*

    - What is the purpose of the Closing?

      Desired Response: *Closing sets the new energy patterns*.

*Encourage participation and thank those that contribute.*

12. **REMIND** the class that once the first step, the Energetic Body Prep is completed, the giver moves directly to Step 2 - Honoring the History.

13. **ASK** if there are any questions about the review and respond as needed.

*If for some reason you are not able to show the video, then you will review the session using the illustrations in the Phase IV workbook. This may take more time, therefore you may need to adjust for the time difference.*

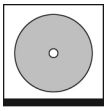
TRANSITION to Video

14. **MOVE** to the next section:

    - In the next section we'll watch the video demonstration of Phase IV.

**Video Demonstration**

Time: 20 - 25 minutes



VIDEO
(Energetic Body Prep and)
Phase IV

1. **INTRODUCE** the video:
   - Now we'll take a look at a video which will demonstrate the movements of the Phase IV.
   - This video segment runs for approximately 20 - 25 minutes.

*Hold up the Energetic Body Prep and Phase IV workbooks for reference.*

2. **ASK** the class:
   - Do you have any questions about what you will be seeing?

*You have a choice of beginning the video with the Energetic Body Prep segment or beginning at the Phase IV segment.*

3. **SHOW** the video.

4. **DEBRIEF** the video by **ASKING:**

   - What type of energy are we using in the Energetic Body Prep in Phase IV?

     Desired Response: *Platinum for amplifying energy up through the body. Golden or platinum for amplifying energy to the heart center, depending on the inner wisdom of the receiver. Otherwise we are amplifying the receiver's own energy.*

   - Counting the Energetic Body Prep as the first step, how many steps are there in Phase IV?

     Desired Response: *Seven*

   - Who would like to name them?

     Desired Response: *Energetic Body Prep, Honoring the History, Centering in the Now, Clearing, Amplifying the Field of Potential, Balancing and Closing*

*Provide reinforcing comments, for example "good answer".*

5. **THANK** the class for their contributions.

***

FLIP CHART
Day Schedule

6. **REFERRING** to the schedule, **REVIEW** what the class has accomplished to this point:

   - We started the day with a full review of the main points beginning with the UCL through Phase IV. We also reviewed the light templates.

   - Next, we overviewed the seven steps of Phase IV and viewed a video demonstration of the steps and movements within each of those steps.

*This helps with the flow of the class. Adult learners like to know where they have been, where they are and where they are going.*

7. **ASK** the class:

   - Do you have any questions before we move to our practice sessions?

8. **RESPOND** to any questions or concerns that the class may have.

**Practice Session 1**

Time: 1 hour 30 minutes

The configuration for the groups will depend on the number of students you have in your class. Ideally, there are three students per group, and a minimum of two. At times you may have groups of two and three. Please see the Teacher Support section page 262 for details on teaching mixed groups of two and three.

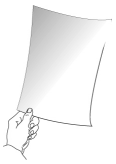
If you are working with groups of two, you will need to guide the givers through the entire Phase IV session and read all the parts designated for the observer (the say alouds) to the receivers.

The following script is written for groups of three.

1. **REMIND** the class that there will be three practice sessions, one before lunch and two after lunch.

2. Depending on your configuration **INVITE** the class to form their groups and select a table to do the energy work. **REMIND** the observers to take their Energetic Body Prep and Phase IV workbooks with them and something to write with.

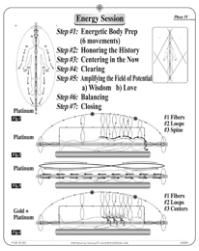
3. **BEGIN** the session once everyone is in their assigned place and the receivers are on the tables and comfortable.



HANDOUT
Student Rotation Form (Optional)

## STEP 1: ENERGETIC BODY PREPARATION

*If any givers struggle with any of the movements, please take a few moments and demonstrate those movements.*




FLIP CHART
#23 Energy Session

1. **REFERRING** to the flip chart **INTRODUCE** the first step, the Energetic Body Prep:
   - Givers, as you recall we begin the Energetic Body Prep with and The Honoring.

WORKBOOK
Energetic Body Prep
Pgs. 1-2

### The Honoring

1. **SAY** to givers:
   - Givers, please stand at the foot of your table.
   - Standing at your receiver's feet, extend your arms palms facing the soles of the feet and say The Honoring. Please repeat after me:

     *From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.*

WORKBOOK
Energetic Body Prep
Pg. 1
Say Aloud

### Amplifying Energetic Awareness

- Givers, let us say the words for amplifying the platinum energy through the body. Please repeat after me:

  *Focus your awareness on the platinum energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice...and acknowledge the energy of wholeness.*

WORKBOOK
Energetic Body Prep
Pg. 2
First Say Aloud

- Everybody, please take a deep breath.

## Right Leg – Amplifying Energetic Awareness

WORKBOOK
Energetic Body Prep
Pgs. 2-5

1. **VERBALLY GUIDE** the givers through amplifying energy down the right leg:
   - Givers, step to your left and amplify energy down and through the right leg of your receiver.
   - When you reach the toes of the right foot, remember to turn your body, right fingertips above the toes and left palm facing the sole of the foot with fingers pointing downward.
   - Hold your position for a moment and then slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot in a straight horizontal line.
   - Once you reach 24 inches (60 cm) hold your position for a few seconds, allowing the energetic tension to build.
   - Then with your right hand, reach all the way to your left hand and disconnect.

*As the left palm is moved from the sole of the foot, the elastic fibers of the UCL are being stretched by the force field of the left hand.*
*The fibers respond dynamically through resonance field effects.*

*Remember to occasionally provide positive reinforcement to the group by making comments such as "looks very good" or "well done".*

2. **ASK** givers to repeat this movement a second time.

WORKBOOK
Energetic Body Prep
Pg. 2
Second Say Aloud

3. As givers complete their second movement **ASK** observers to read the say aloud:
   - Observers, please the read the second say aloud on page 2 to the receiver.

     *Let us give the intent to enhance a strong connection to your Center Below.*
4. **ASK** givers to complete their third and final movement.
5. As givers finish their movements **SAY:**
   - Givers, when you have completed the movement, remember to stand at the bottom of the table, arms extended, palms up, to hold the energy as you wait for the others to complete their movement.

*You can remind givers that the Center Below is a place where we interface with the energy of the earth. It is a concentrated pool of golden light and energy. The stronger the center becomes, the greater the light - the greater the light, the greater the blessings as each one of us walks the planet.*

6. As givers wait for the others to finish **REMIND** them that they can perform each movement three to nine times, depending on the needs of their receiver in their own sessions.

**Left Leg – Amplifying Energetic Awareness**

WORKBOOK
Energetic Body Prep
Pgs. 6-7

1. **VERBALLY GUIDE** the givers through amplifying energy down the left leg:
   - Givers, amplify energy down and through the left leg of your receiver.
   - When you reach the toes of their left foot, you will not need to turn your body. Hold your right hand with fingertips above the toes and left palm facing the sole of the foot with fingers pointing downward.
   - Hold this position for a moment. Then slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot in a straight horizontal line.
   - Hold this position for a few seconds, allowing the energetic tension to build.
   - With your right hand, reach all the way to your left hand and disconnect.

*The purpose of the disconnect movement is to completely disconnect from the fibers of the receiver's Universal Calibration Lattice.*

*The disconnect is important because it allows you to work with the receiver's energy patterns without any personal energy exchanges.*

2. **TELL** givers to repeat this movement two more times.

WORKBOOK
Energetic Body Prep
Pg. 6
Say Aloud

3. As givers begin the second movement **SAY:**
   - Givers, we have a say aloud here, please say to your receiver:

     *Let us give the intent to enhance a strong connection to your Center Below.*

4. As givers complete their movements **SAY:**
   - Givers, when you have completed the final movement, please stand at the bottom of the table, arms extended to hold the energy, while the others finish the movement.

**Right Arm – Amplifying Energetic Awareness**

WORKBOOK
Energetic Body Prep
Pgs. 7-9

1. **TELL** givers:
   - Givers, we'll now amplify energy down the right arm.
   - Please walk around the bottom of the table and stand on the right side of your receiver.
2. **ASK** givers to fold back the cover and turn their receiver's right palm up.
3. **TELL** givers to place their right palm above the right shoulder and their left palm under the shoulder.
4. **REMIND** givers that their hands are 2 - 4 inches (5 - 10 cm) from the shoulder as they start to amplify the energy down the arm.
5. **VERBALLY GUIDE** givers:
   - Givers, you may begin.
   - As you reach the receiver's right hand, turn your body so your back is facing their right leg.
   - Position your fingertips so they are aligned with your receiver's fingertips.
   - Hold this position for a moment, making sure that your right hand is palm down and your left hand is palm up.
   - Move your left hand away from the receiver's hand 24 inches (60 cm).
   - Keep your hand in this position for a few seconds to hold the tension and then bring your right hand to your left to disconnect.

WORKBOOK
Energetic Body Prep
Pg. 7
Say Aloud

6. **ASK** givers to repeat this movement two more times.

7. As givers continue to complete their movements, **SAY:**

   - Givers, we have say aloud here. Please say to your receiver:

     *Let us give the intent to increase the radiating of your heart energy, creating greater freedom.*

8. **TELL** givers:

   - Once you have completed the third and final movement, turn the receiver's right arm back in towards their body and cover them.
   - Then, stand at the bottom of the table and hold the energy while the others are completing their movements.

**Left Arm – Amplifying Energetic Awareness**

WORKBOOK
Energetic Body Prep
Pgs. 10-11

1. After all givers have completed the movement, **SAY:**

   - Givers, next we will amplify energy down the left arm. Please walk around the bottom of the table and stand by your receiver's left arm.
   - Fold back the cover and turn the left palm up.
   - Place your left palm above the shoulder and your right palm under their shoulder.
   - Amplify the energy down the arm.
   - Remember, as you reach the receiver's fingertips rotate both your hands so your left palm is facing up and your right palm is facing down.

*The focus of the energy responses is from the chakra located under the ribs. This chakra is the place where we are holding onto the last of the old energy dynamics.*

*The proper placement of the hands ensures calibration of energy centers on both sides of the arm.*

- Position your fingertips so they are aligned with your receiver's fingertips.
- Hold this position for a moment, and then you may complete the movement.
- Givers, now you may repeat this movement two more times.

*Be sure that givers are rotating their hands after they reach their receiver's fingertips.*

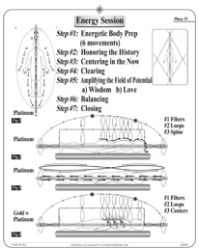
WORKBOOK
Energetic Body Prep
Pg. 10
Say Aloud

2. As givers continue to complete their movements, **SAY:**
   - Observers, please read the say aloud on page 10 to the receiver.

     *Let us give the intent to increase the radiating of your heart energy, creating greater freedom.*

3. **TELL** givers:
   - Once you have completed the third and final movement, turn the receiver's arm back in towards their body and cover them.
   - Then stand at the bottom of the table and hold the energy while the others are completing their movements.

4. **TELL** everyone to take a nice deep breath.




FLIP CHART #23
Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pgs. 12-14

5. **REFERRING** to the flip chart **TELL** the class the last movement in the Energetic Body Prep is amplifying energy towards the heart center.

## Focusing Awareness Within The Heart Center

1. **SAY** to givers:
   - Givers, please walk around the bottom of the table and stand by your receiver's right shoulder.
   - You are now going to amplify energy through the heart center.
   - Your right hand is held palm up, fingers amplifying energy towards the heart center at a 45 degree angle.
   - Remember, in this phase we intend to amplify either golden or platinum energy through the heart center. The receiver's inner wisdom will then determine whether the resonance of the energy is golden or platinum.
   - Begin circling clockwise with your left hand over the crown center.

*This movement encourages a strong connection to the Center Above, increasing the downward flow of higher energies through the body. This rewiring of the sacred circuits creates a gracious "as above so below" reality. Each time you perform this movement, the resonance of the Phase I template reaches a deeper level of what it means for the individual to balance their expression of compassion and wisdom.*

- Stop circling and turn your right hand so your palm is facing the receiver's heart center with your fingers pointing towards your receiver's crown.
- Givers, complete the movement.
- Givers, repeat this movement two more times please.

WORKBOOK
Energetic Body Prep
Pg. 12
Say Aloud

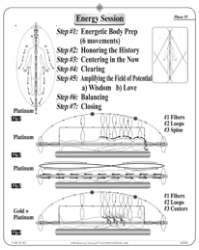
2. As givers continue to complete their movements, **SAY:**
   - Observers, please read the say aloud on page 12 to the receiver.

     *Let us give the intent for a strong, clear connection to your Center Above.*

3. **TELL** givers:
   - Once you have completed the third and final movement, stand at the bottom of the table and hold the energy while the others are completing their movements.

4. **SAY:**
   - Givers, you have just completed the Energetic Body Preparation. Excellent work!
   - Everyone, please take a nice deep breath.

## STEP 2: HONORING THE HISTORY




FLIP CHART
#23
Honoring the History

1. **REFERRING** to the flip chart, **INTRODUCE** the second step in Phase IV - Honoring the History.

2. **TELL** observers to switch to their Phase IV workbooks.

3. **TELL** givers to say to their receivers:

   *Would you please roll over towards me, onto your front?*

WORKBOOK
Phase IV
Pgs. 1-8

4. **REMIND** the class that when performing these movements, they are performed 3 - 9 times depending on the needs of the receiver.

5. Also, **REMIND** the class that for these practice sessions, the movements are performed three times.

6. **TELL** givers that they are now going to perform the movements for honoring the history, beginning with balancing the long informational fibers with platinum energy.

WORKBOOK
Phase IV
Pg. 1
Second Say Aloud

7. **ASK** observers to read the second say aloud on page 1 to their receiver.

   *This part of the session honors your history. Using platinum energy, we are now going to work with your UCL to facilitate a posture of balance as you evolve your ability to co-create your most enlightened life.*

*See Teacher Support Pg. 261 for information about honoring the history.*

**Balancing the Long Informational Fibers with Platinum Energy**

1. **EXPLAIN** before you demonstrate by **SAYING:**
   - Balancing the long informational fibers has two separate say alouds, therefore it is done in two parts with three movements for each say aloud.
   - First you will perform the movement once all the way through.
   - Next, the observers will speak the intent for transformation.
   - Then you will complete the movement two more times.
   - The second part is performing the movement with the intent for activation.
   - First you will perform the movement once all the way through.
   - Next, the observers will speak the intent for activation.
   - Then you will complete the movement two more times.

*The platinum energy is composed of very fine filaments of light. These filaments of platinum light create a complex gossamer infrastructure to strengthen the UCL. The platinum resonates through the field, creating a shield-like quality that will deflect inappropriate energies.*

2. **SAY** to observers and givers:
   - Please observe while I demonstrate balancing all three of the long informational fibers.
   - We will be using platinum energy.

*Please explain this movement while you are demonstrating it.*

## Intent for Transformation

WORKBOOK
Phase IV
Pgs. 2-4

3. **SAY:**

- Givers, now I'll have you perform balancing the long informational fibers.
- This is the first part, where your observers will read the say aloud, the intent for transformation, after you complete the first movement.
- Stand at the side of the table by your receiver's feet, your knees slightly bent, your left palm up at shoulder height to receive platinum energy and your right hand palm up in the Center Below.
- As you follow the arc of the long informational fibers with your right hand, palm up, begin to turn your hand so the palm faces forward.
- Walk slowly alongside the table as you continue to amplify platinum energy through the long fibers, keeping a distance of 24 inches (60 cm) above the body throughout the movement.
- When you reach the crown, follow the arc of the fibers, slowly turning the palm of your right hand to face downward.
- Complete the movement by anchoring the energy in the Center Above, level with the crown, 24 inches (60 cm) away from the crown.

*Pace yourself so the students feel comfortable.*

Reminder

*Remind the class that these movements are performed three times for each intent. During their own sessions they perform the movements 3 - 9 times for each intent.*

WORKBOOK
Phase IV
Pg. 4
First Say Aloud

4. **TELL** observers to turn to page 4 in their workbooks and read the first say aloud, intent for transformation, after the givers complete their first movement.

   *Focus your attention on the three fibers of energy located behind you. Let us give the intent for your history to be calibrated into a gleaming column of wisdom, self-direction and self-support. The transformation process of being at peace with your history is preceded by gratitude for all the experiences you have had in your life.*

5. **OBSERVE** givers as they complete the next movements, providing any needed guidance.

**Intent for Activation**

6. **SAY** to the givers:
   - Givers, please begin.
   - This is the second part, where the say aloud is stated giving the intent for activation.
   - Perform the same movement three times.

*Remind the class that working with their receivers, they will perform this movement 3-9 times, for each intent.*

WORKBOOK
Phase IV
Pg. 4
Second Say Aloud

7. **TELL** observers to turn to page 4 in their workbooks and read the second say aloud, intent for activation, as the givers complete their first movement.

   *Let us give the intent to activate those tendencies that encourage the evolution of wholeness and strengthen the posture of self-direction and self-support. You may also develop new talents or abilities that encourage your evolution and expression of wholeness in your everyday life.*

8. **OBSERVE** givers as they complete all three movements, providing any needed guidance.

## Balancing the Infinity Loops with Platinum Energy

1. **TELL** givers that they will now work with the infinity loops.

2. **ASK** observers and givers to observe as you demonstrate balancing the infinity loops.

3. **REMIND** the class that they are still using platinum energy.

4. After completing the demonstration **SAY:**
   - Givers, now I'll have you perform balancing the infinity loops three times.

WORKBOOK
Phase IV
Pgs. 5-6

5. **REFER** observers to page 5 in their workbooks.

6. **TELL** givers that their beginning stance is to hold their left palm up to receive platinum energy, and their right hand in the Center Below with their palm facing the soles of the feet.

*Explain as you demonstrate this movement.*

7. **VERBALLY GUIDE** givers through the first movement:

   - Givers, move your right hand forward, amplifying platinum energy through the infinity loops beneath the feet.
   - A few inches from the feet, raise the right hand with the palm still facing forward, 12 inches (30 cm) above the body, and walk slowly alongside your receiver, as you continue moving your hand in a straight line, amplifying platinum energy through the infinity loops.
   - A few inches (cm) past the head, lower your right hand, palm still facing forward, and in a straight horizontal line, continue to amplify platinum energy through the infinity loop on the top of the head, ending your movement at the Center Above, 24 inches (60 cm) away from the crown.

8. **TELL** givers to repeat this movement two more times.

WORKBOOK
Phase IV
Pg. 6
Say Aloud

9. **TELL** observers to turn to page 6 in their workbooks and read the say aloud to the receiver.

   *Remember, the infinity loops maintain the self regulating dynamics of your Universal Calibration Lattice. Let us give the intent to balance the energetic flow to support the infinite communications ever present within your being.*

## Amplifying Platinum Energy Up Through the Spine

1. **TELL** givers that they will now work with amplifying platinum energy up through the spine.

2. **ASK** observers and givers to observe as you demonstrate amplifying platinum energy up through the spine.

*Explain while you demonstrate the movement.*

WORKBOOK
Phase IV
Pg. 7

3. After completing the demonstration **TELL** givers that they will now amplify platinum energy up through the spine.

4. **TELL** observers to turn to page 7 in their workbooks.

5. **VERBALLY GUIDE** givers through the movement:

   - Givers, stand at your receiver's left side near the waist area, with your feet pointing towards the table.
   - Bend your knees slightly for a better range of movement. Hold your right hand palm up with the fingers pointing towards the base of the spine.
   - Hold your left hand palm down, at the base of spine, 2 - 4 inches (5 - 10 cm) from the body.
   - Through the fingers of your right hand, amplify platinum energy to the base of your receiver's spine.
   - Keep your right hand stationary and amplify the energy with the left palm, following the curvature of the spine and over the top of the head.
   - Finish the movement with a wavelike movement off the area of the third eye.
   - Complete this movement two more times please.

WORKBOOK
Phase IV
Pg. 7
Say Aloud

6. **ASK** observers to read the say aloud on page 7 as givers complete their movements.

   *Feel, sense, imagine, or think about platinum energy within your spine. The rising energy within your spine encourages strong spiritual support and an evolving sense of wholeness.*

WORKBOOK
Phase IV
Pg. 8
Say Aloud

7. After all givers have completed their movements **SAY:**

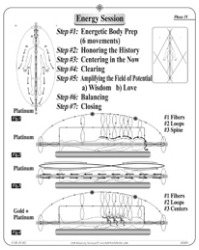
   - Givers, please say to your receiver:

     *Take a deep breath. Carefully, very carefully, please roll over onto your back.*

8. **CHECK** that all receivers are comfortably on their backs before moving to the next step.

## STEP 3: CENTERING IN THE NOW

### Balancing the Downward Flow




FLIP CHART
#23
Centering In the Now

1. **REFERRING** to the flip chart, show givers and observers Step 3 - Centering in the Now.

2. **REFER** observers to page 9 in their workbooks.

3. **TELL** givers to cover their receiver and stand at their mid-section.

4. **ASK** observers and givers to observe as you demonstrate balancing the downward flow.

5. After completing the demonstration **TELL** givers that they will now balance the downward flow.

WORKBOOK
Phase IV
Pgs. 9-12

*Provide a few minutes for students to properly position themselves.*

*Explain the movement you are demonstrating.*

WORKBOOK
Phase IV
Pg. 9
First Say Aloud

6. **TELL** observers to turn to page 9 in their workbooks and read the first say aloud to the receiver.

   *I will be placing my hand on the area of your solar plexus.*

7. **VERBALLY GUIDE** givers through the movement:

   - Givers, place your left hand with fingertips touching your receiver's navel and extend your right arm, fingertips of both hands pointing towards the Center Below.
   - Your right hand is amplifying platinum energy.

*You may animate this as you provide the direction.*

WORKBOOK
Phase IV
Pg. 9
Second Say Aloud

8. **TELL** observers to read the say aloud at the bottom of page 9.

   *Focus your awareness on the energy of wholeness within your Center Below. Feel, sense, imagine or think about platinum energy flowing from your Center Above all the way down and through to your Center Below. Breathe deeply and feel the peace.*

9. **TELL** givers:

   - Hold this position for 30 - 60 seconds and allow the energy to intensify.
   - Lift your left hand off your receiver and relax both arms at your sides.

WORKBOOK
Phase IV
Pg. 10
First Say Aloud

10. **TELL** observers to read the first say aloud on page 10.

    *I will again be placing my hand on the area of your solar plexus.*

## Balancing the Upward Flow

11. **VERBALLY GUIDE** givers through balancing the upward flow:
    - Now givers, place the heel of your right palm on your receiver's navel and extend your left arm, with the fingertips of both hands pointing towards the Center Above.
    - Your left hand is amplifying platinum energy.

*You may animate this as you provide the direction.*

WORKBOOK
Phase IV
Pg. 10
Second Say Aloud

12. **TELL** observers to read the second say aloud on page 10 to the receiver.

    *Focus your awareness on the energy of wholeness within your Center Above. Feel, sense, imagine or think about platinum energy flowing from your Center Below all the way up and through to your Center Above. Breathe deeply and feel the peace.*

13. **TELL** givers:
    - Hold this position for 30 - 60 seconds and allow the energy to intensify.
    - Lift your right hand off your receiver and relax both arms at your sides.

## Tracing the Core Energy Pattern

WORKBOOK
Phase IV
Pgs. 11-12

1. **ASK** observers and givers to observe as you demonstrate tracing the Core Energy pattern.
2. After completing the demonstration **TELL** givers that they will now trace the Core Energy pattern 3 - 9 times.
3. **VERBALLY GUIDE** givers through tracing the Core Energy pattern:
    - Givers, remain at the side of the table, and stand by your receiver's head.
    - Hold your left arm palm up to receive platinum energy and your right hand palm down at the Center Above.

*Giver's right hand should remain about 12 inches (30 cm) above the receiver and in a horizontal plane as much as possible throughout the entire pattern.*

WORKBOOK
Phase IV
Pg. 11
Say Aloud

4. **TELL** observers to turn to page 11 in their workbooks and read the say aloud to the receiver.

   *As I trace the core energy pattern through your UCL, let us affirm your ability to be here now as you continue to evolve all that you are.*

5. **CONTINUE TO GUIDE** givers through tracing the Core Energy pattern:

   - Givers, begin moving your right hand down the right side of the receiver's body, cross at the navel, reach over and continue tracing down the left side of the body to the Center Below…
   - Up the right side of the body, cross at the navel and follow the Core Energy pattern up the left side of the body to the Center Above.
   - Repeat this movement 3 - 9 times, according to your intuition.
   - Remember to keep your right hand 12 inches (30 cm) above the body in a horizontal plane, as best you can.

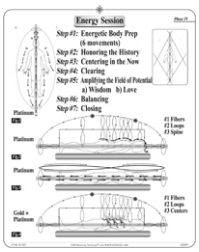
6. **TELL** givers when they have completed their movements, to remain at their receiver's right side with both hands palms up at table height, and allow their receiver to continue calibrating in the energy for another 30 seconds.

7. **MOVE** to the next step by asking givers to stand near the end of the table by their receiver's feet.

*Pace your instructions with the movements of the students.*

## STEP 4: CLEARING

### Clearing the Long Informational Fibers




FLIP CHART
#23
Clearing

1. **REFERRING** to the flip chart, show givers and observers Step 4 - Clearing.

2. **EXPLAIN** that this movement calibrates the long informational fibers and activates awareness of the fibers and infinity loops in the front part of the UCL.

3. **EXPLAIN** that during this clearing process they will be using golden energy.

4. **REFER** observers to page 13 in their workbooks.

WORKBOOK
Phase IV
Pgs. 13-15

5. **EXPLAIN** before demonstrating:
   - Clearing the long informational fibers has two separate intents. Therefore it is done in two parts with three movements for each intent.
   - First you will perform the movement once all the way through.
   - Next, the observers will speak the intent for release.
   - Then you will repeat the movement two more times.
   - The second part is performing the movement with the intent for activation.
   - The observers will speak the intent for activation.
   - Then you will complete the movement three more times.

6. **SAY** to observers and givers:

   - Please observe while I demonstrate clearing all three of the long informational fibers.

WORKBOOK
Phase IV
Pg. 13

7. **TELL** givers that they will now clear the long informational fibers. **ASK** observers to read the say aloud on page 13 to the receiver.
   *This part of the session is called clearing. We will focus on the evolving clarity of the long informational fibers and the energy charges appropriate for the expression of the ability to manifest your potentials.*

8. **VERBALLY GUIDE** givers through the movement:

   - Once again, as a reminder, you will amplify golden energy through the long informational fibers that are in front of your receiver.
   - Your knees should be slightly bent, your left hand palm up about shoulder height to receive golden energy and your right hand palm up in the Center Below.
   - As you follow the arc of the long informational fibers with your right hand palm up, begin to turn your hand so the palm faces forward.
   - Walk slowly alongside the table as you continue to amplify golden energy through the long fibers keeping a distance of 24 inches (60 cm) above the body.
   - When you reach the crown, follow the arc of the fibers, slowly turning the palm of your right hand to face downward.
   - Complete the movement by anchoring the energy in the Center Above.

*Remind givers to perform smooth and continuous movements.*

WORKBOOK
Phase IV
Pg. 15
First Say Aloud

9. **ASK** observers to turn to page 15 of their workbooks and read the first say aloud, intent for release, to the receiver.

*Focus your attention on the three fibers of energy located in front of you. Let us give the intent to release excess energy surrounding known and unknown fear-filled and worry-filled events. As the energy is released, it becomes available to you in the Now.*

WORKBOOK
Phase IV
Pg. 15
Second Say Aloud

10. **TELL** givers to repeat this movement two more times.

11. After givers complete their third and final movement, **TELL** observers to read the second say aloud on page 15 to the receiver.

    *Please think about what you would like to accomplish. Visualize these intents as seeds of light you are planting in the long informational fibers in front of you. Be willing to take responsible and appropriate action for your co-creations.*

12. **SAY** to givers:

    - Givers, once again you will amplify golden energy through the long informational fibers.
    - Complete this movement three times.

13. **TELL** givers once they are finished to stand near the end of the table by their receiver's feet, and hold the energy until everyone is finished.

## Clearing the Infinity Loops

WORKBOOK
Phase IV
Pgs. 16-17

1. **ASK** observers and givers to observe as you demonstrate the clearing of the infinity loops.

*Describe the movement as you demonstrate.*

2. After completing the demonstration **TELL** givers that they will now clear the infinity loops.
3. **TELL** observers to turn to page 16 in their workbooks.
4. **VERBALLY GUIDE** givers through the movement.
   - Givers, the beginning stance is to hold your left palm up to receive golden energy and your right hand in the Center Below with your palm facing the soles of the feet.
   - Move your right hand towards the soles of the feet, amplifying golden energy through the infinity loops beneath the feet.
   - A few inches from the feet, raise the right hand with the palm still facing forward, to 12 inches (30 cm) above the body, and walk slowly alongside your receiver, as you continue moving your hand in a straight line, amplifying golden energy through the infinity loops.
   - A few inches past the head, lower your right hand, palm still facing forward, and continue in a straight horizontal line, amplifying golden energy through the infinity loop on top of the head. Finish the movement at the Center Above.
   - Repeat this movement two more times please.

*Peggy likes to remind us that facilitating the complete formation of the infinity loops is a sacred act and a contemporary blessing of another human being.*

WORKBOOK
Phase IV
Pg. 17
Say Aloud

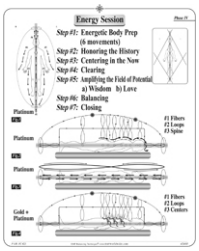
5. **ASK** observers to turn to page 17 in their workbooks and read the say aloud to the receiver.

   *Let us give the intent for your infinity loops to be completely formed, strong and fully functioning. The complete formation of these loops is an evolutionary leap on an energetic level.*

6. **TELL** givers when they are finished with their third movement to move to the right side of their receiver near their waist area, feet pointing towards the table and hold the energy.

## STEP 5: AMPLIFYING THE FIELD OF POTENTIAL

### Amplifying the Solar Plexus Center




FLIP CHART
#23
Amplifying the
Field of Potential

1. **REFERRING** to the flip chart, show Step 5 - Amplifying the Field of Potential.

2 **REFER** observers to page 19 in their workbooks.

3. **ASK** observers and givers to observe as you demonstrate this movement.

4. After completing the demonstration, **TELL** givers that they will now amplify the solar plexus center.

5. **VERBALLY GUIDE** givers through the movement:
   - Givers, stand at your receiver's right side by their waist.

*Describe this movement as you demonstrate.*

*See Teacher Support Pg. 261 for useful information regarding this step.*

WORKBOOK
Phase IV
Pgs. 19-28

WORKBOOK
Phase IV
Pg. 19
First Say Aloud

6. **TELL** observers:

   - Observers, please read the first say aloud at the top of page 19 to the receiver.

     *The next part of the session is to amplify your connection to your field of potential. Focus on the three fibers of energy located in front of you. We will now work with your co-creative pattern of self within the core of your being, and your field of potential. I will now place both my hands on your solar plexus.*

7. **VERBALLY GUIDE** givers:

   - Standing at the receiver's waist, place both your hands on their solar plexus, fingers pointing towards the crown.
   - Your hands should be 1 inch (2 - 3 cm) apart.
   - Hold for 30 - 60 seconds, allowing the fibers inside to respond.
   - Slowly lift both hands 2 - 4 inches (5 - 10 cm) in an opening movement, as if you were opening a sacred book, turning your palms upward.
   - Complete the movement by turning both palms face down on either side of the body.

WORKBOOK
Phase IV
Pg. 19
Second Say Aloud

8. **TELL** observers:

   - Observers, please read the second say aloud on page 19 to the receiver.

     *Let us give the intent to increase the connection from within the very core of your being to your field of potential through your solar plexus.*

9. **SAY:**

   - Givers, please repeat this movement two more times.

*Remind givers that these movements are performed 3 - 9 times for each energy center during their own sessions.*

## Amplifying the Vital Energy Centers

WORKBOOK
Phase IV
Pgs. 21-22

1. **VERBALLY GUIDE** givers:
   - Givers, relax your arms and take one step to your right so that you are standing at your receiver's hip.
   - Now, hold your hands above the creative center, again fingers pointing towards their crown, hands 1 inch (2 - 3 cm) apart.
   - Hold for 30 - 60 seconds, allowing the fibers from within to respond.
   - Lift both hands in an opening movement and complete by turning both palms face down on either side of the body.

*This entire movement is performed without touching the receiver.*

WORKBOOK
Phase IV
Pg. 21
Say Aloud

2. **TELL** observers:
   - Observers, please read the say aloud on page 21 to the receiver.

     *Let us give the intent to increase the connection from within the very core of your being to your field of potential through your creative center.*

3. **SAY:**
   - Givers, please perform this movement two more times.

4. **VERBALLY GUIDE** givers:
   - Givers, relax your arms, take a few steps to your left and stand at your receiver's heart center.

## Amplifying the Heart Center

WORKBOOK
Phase IV
Pgs. 23-24

1. **VERBALLY GUIDE** givers:
   - Givers, hold both hands above the heart center, again fingers pointing towards their crown, hands 1 inch (2 - 3 cm) apart.
   - Hold this position for 30 - 60 seconds, allowing the fibers from within to respond.
   - Slowly lift both hands in an opening movement.
   - Complete the movement, turning both palms down on either side of the body.

*This entire movement is performed without touching the receiver.*

WORKBOOK
Phase IV
Pg. 23
Say Aloud

2. **TELL** observers:
   - Observers, please read the say aloud on page 23 to the receiver.

     *Let us give the intent to increase the connection from within the very core of your being to your field of potential through your heart center.*

3. **SAY:**
   - Givers, please perform this movement two more times.

4. **TELL** givers to take another step to their left and stand by their receiver's head, facing their Center Above, if they have not done so already.

5. **TELL** givers to relax their arms at their sides and take a nice deep breath.

## Accent on Wisdom - Connect to Source of Wisdom

WORKBOOK
Phase IV
Pgs. 25-26

1. **REFER** observers to page 25 in their workbooks.

2. **ASK** observers and givers to observe as you demonstrate this movement.

3. After completing the demonstration **TELL** givers that they will now practice this same movement.

4. **TELL** givers to take another step to their left and stand by their receiver's head, facing their Center Above, if they have not done so already.

*For more information see Teacher Support Pg. 261.*

WORKBOOK
Phase IV
Pg. 25
First Say Aloud

5. **TELL** observers:

   - Observers, please read the say aloud at the top of page 25 to the receiver.

     *As you are co-creating your reality, I would suggest that you use your evolving wisdom.*

6. **VERBALLY GUIDE** givers through the movement:

   - Givers, extend your arms with both hands held palms down in the Center Above.
   - Slowly walk backwards alongside the table, fingertips pointing towards the Center Above and respectfully amplify the refined energies from the Center Above all the way down and through every cell of your receiver's being.
   - Anchor in the Center Below.

*Hands should be 4-6 inches (10-15 cm) above the receiver's body.*

WORKBOOK
Phase IV
Pg. 25
Second Say Aloud

7. **TELL** observers:

   - Observers, please read the second say aloud on page 25 to the receiver.

     *Let us give the intent to infuse every cell of your being with this evolving wisdom. Envision your Center Above as the doorway to your higher knowing. Encourage this energetic information to flow all the way through to your Center Below. Be attentive to any new ideas, intuitions and sensations you may have.*

8. **ASK** givers to repeat this movement two more times.

*Remind givers that this movement is performed 3 - 9 times during their own sessions.*

9. After givers complete their movements, **ASK** them to place a chair next to their receiver's chest area and sit comfortably.

**Accent on the Energy of Love**

WORKBOOK
Phase IV
Pgs. 27-28

1. **TELL** observers to read the first say aloud at the top of page 27 to the receiver.

   *As you are co-creating your reality, I would also encourage you to use your evolving understanding of the energy of love.*

WORKBOOK
Phase IV
Pg. 27
Say Alouds

2. **TELL** observers to read the second say aloud at the top of page 27 to the receiver.

   *I will be placing my left hand under your neck, and my right hand on your high heart center.*

3. **VERBALLY GUIDE** givers:

   - Givers, slide your left hand under your receiver's neck and place the middle three fingers of your right hand on the high heart center, with your fingertips pointing towards their crown.
   - Allow the energy to flow and radiate freely through your receiver's being as you hold this position for 30 - 60 seconds.

WORKBOOK
Phase IV
Pg. 28
Say Aloud

4. **TELL** observers:

   - Observers, please turn to page 28 in your workbooks and read the say aloud to the receiver.

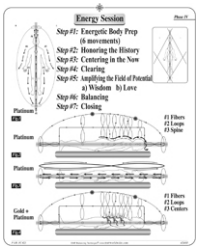
     *Give the intent to create for yourself a field of potential accented with love. Develop the understanding of what it means to love what you do and do what you love. Take a moment to reflect upon the power of the energy of love, bring this into focus and amplify it throughout your entire being. Be at peace.*

*When the hands are placed in this position and the say aloud is stated, a spiraling pattern of energy flows downward, beautifully bathing the entire being in the energy of pure love.*

5. **VERBALLY GUIDE** givers:

   - Givers, slowly lift your fingers from the high heart center and remove your left hand from under the neck.
   - Remain seated, rest both hands on your lap and breathe deeply.

## STEP 6: BALANCING




FLIP CHART
#23
Balancing

1. **REFERRING** to the flip chart, introduce Step 6 - Balancing.

2 **REFER** observers to page 29 in their workbooks.

3. **ASK** observers and givers to observe as you demonstrate this movement.

4. After completing the demonstration **TELL** givers that they will now balance the energy centers with platinum energy.

WORKBOOK
Phase IV
Pg. 29
First Say Aloud

5. **TELL** observers:

   - Observers, please read the say aloud at the top of page 29 to the receiver.

     *The next part of the session is called balancing. I will be placing my right hand on your solar plexus. Then I will place my hand above your creative center, and then on or above your high heart center.*

6. **VERBALLY GUIDE** givers through the movement:

   - Givers, hold your left hand palm up at shoulder height to receive platinum energy.
   - Place your right hand on the solar plexus with your fingertips pointing towards the crown.
   - You may rest your elbow on the table by the receiver's shoulder if this is more comfortable for you.
   - Hold this position for 30 - 60 seconds.

WORKBOOK
Phase IV
Pg. 29
Second Say Aloud

7. **TELL** observers:

   - Observers, please read the say aloud at the bottom of page 29 to the receiver.

     *In confidence and peace, you may tell the Universe "I am here." If you choose, you may say these words along with me, silently or aloud: "I remember, I am."*

8. **VERBALLY GUIDE** givers:

   - Givers, hold your right hand 2 - 4 inches (5 - 10 cm) above the creative center with your fingers pointing towards your receiver's crown.
   - Your left elbow still remains on the table, palm up and receiving platinum energy.
   - Hold this position for 30 - 60 seconds.

WORKBOOK
Phase IV
Pg. 30
Say Aloud

9. **TELL** observers:

   - Observers, please read the say aloud on page 30 to the receiver.

     *You may tell the Universe that you have something to offer, that you are willing to take part. If you choose, you may say these words along with me, silently or aloud: "I am willing to give."*

10. **VERBALLY GUIDE** givers:

    - Givers, hold your right hand 2 - 4 inches (5 - 10 cm) above the heart center with your fingers pointing towards your receiver's crown.
    - Your left elbow still remains on the table, palm up and receiving platinum energy.
    - Hold this position for 30 - 60 seconds.

WORKBOOK
Phase IV
Pg. 31
Say Aloud

11. **TELL** observers:

    - Observers, please read the say aloud on page 30 to the receiver.

      *Finally, you may tell the Universe that you are willing to be in a balanced partnership, one where you give and receive. If you choose, you may say these words along with me, silently or aloud: "I am willing to receive."*

12. **VERBALLY GUIDE** givers:

    - Givers, slowly lift your right hand away from the heart center.
    - Relax both your arms in your lap and take a deep breath.
    - Place your chair at the top of the table.
    - Stand near the end of the table by your receiver's feet.

**Balancing the Infinity Loops with Platinum Energy**

WORKBOOK
Phase IV
Pgs. 32-33

1. **REFER** observers to page 32 in their workbooks.
2. **ASK** observers and givers to observe as you demonstrate this movement.
3. After completing the demonstration **TELL** givers they will now balance the infinity loops with platinum energy.

*The finishing of this session is done in a spirit of pure celebration.*

4. **VERBALLY GUIDE** givers:

   - Givers, hold your left hand palm up to receive platinum energy, and hold your right hand in the Center Below, with your palm facing the soles of your receiver's feet.
   - Move your right hand towards the soles of the feet, amplifying platinum energy through the infinity loops beneath the feet.
   - A few inches from the feet, raise your right hand, palm still facing forward, to about 12 inches (30 cm) above the body.
   - Walk slowly alongside the table as you amplify platinum energy through the infinity loops, moving your hand in a straight line.
   - A few inches (cm) past the head, lower your right hand with the palm still facing forward and amplify platinum energy through the infinity loop on top of the head.
   - Finish your movement at the Center Above.
   - Repeat this movement two more times please.

*Givers should keep a distance of 12 inches (30 cm) above the receiver.*

WORKBOOK
Phase IV
Pg. 33
Say Aloud

5. **TELL** observers to read the say aloud on page 33 to the receiver.

   *Let us give the intent for your infinity loops to be complete and fully functioning in a healthy pattern.*

6. **TELL** givers to stand near the end of the table by their receiver's feet.

## Balancing the Long Informational Fibers with Platinum Energy

WORKBOOK
Phase IV
Pgs. 34-35

1. **REFER** observers to page 34 in their workbooks.

2. **ASK** observers and givers to observe as you demonstrate this movement.

3. After completing the demonstration **TELL** givers that they will now practice this movement.

4. **VERBALLY GUIDE** givers through the movement:

   - Givers, hold your left hand palm up to receive platinum energy.
   - Your right hand is held palm up in the Center Below.
   - Following the arc of the long informational fibers, turn your hand so the palm faces forward.
   - Walk slowly alongside your receiver keeping your hand 24 inches (60 cm) away from the body throughout the movement, as you continue amplifying platinum energy through the long informational fibers.
   - When you reach the crown, follow the arc of the fibers, slowly turning the palm of your right hand to face downward and end by anchoring the energy in the Center Above.
   - Please repeat this movement two more times.

   *As we amplify as much platinum energy as possible through these fibers, let us pause in respectful silence, allowing the strengthening of all the energetic realignments which have occurred in this session….* (pause)

5. After givers have completed their movement, **ASK** them to sit comfortably in the chair at the top of the table and relax their arms in their lap.

*Describe this movement as you demonstrate.*

*Givers should maintain a distance of 24 inches (60 cm) above the receiver.*

## Balancing Around the Head

WORKBOOK
Phase IV
Pg. 36
First Say Aloud

1. **REFER** observers to page 36 in their workbooks.

2. **TELL** observers to read the first say aloud on page 36 to the receiver.

   *I will be placing both my hands underneath or on either side of your head.*

3. **VERBALLY GUIDE** givers:

   - Givers, please place both hands palms up in a comfortable position underneath the back of your receiver's head.
   - If their head is resting on a pillow, it may be more comfortable to place your hands on each side of their head.
   - Hold their head gently with both hands.
   - The contact here is important.

WORKBOOK
Phase IV
Pg. 36
Second Say Aloud

4. **TELL** observers to read the second say aloud on page 36 to the receiver.

   *Feel, sense, imagine or think about rings of energy circle your head horizontally and vertically. Let us give the intent that they be adjusted into an evenly spaced, healthy pattern according to your inner wisdom.*

5. **ASK** givers to hold this position for 30 - 60 seconds.

6. **TELL** givers to slowly remove their hands from the back of their receiver's head, remain seated and take a deep breath.

**Final Adjustments**

WORKBOOK
Phase IV
Pg. 37

1. **REFER** observers to page 37 in their workbooks.

2. **TELL** observers to read the first say aloud on page 37 to the receiver.

   *I will be placing my hands on your jaw.*

WORKBOOK
Phase IV
Pg. 37
First Say Aloud

3. **VERBALLY GUIDE** givers:

   - Givers, place your hands on the receiver's jaw joint, palms towards their face - do not position your hands around the chin.
   - Hold for 30 - 60 seconds.

WORKBOOK
Phase IV
Pg. 37
Second Say Aloud

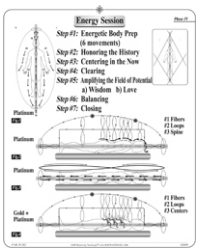
4. **TELL** observers to read the second say aloud on page 37 to the receiver.

   *If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom.*

5. **TELL** givers to slowly move their hands away from their receiver's jaw and rest them on their lap.

## STEP 7: CLOSING

### Amplifying Energetic Awareness and Grounding




FLIP CHART
#23
Closing

1. **REFERRING** to the flip chart, show givers and observers Step 7 - Closing.

2. **REFER** observers to page 39 in their workbooks.

WORKBOOK
Phase IV
Pgs. 39-43

3. **VERBALLY GUIDE** givers:
   - Givers, please move along the receiver's right side to the bottom of the table.
   - Extend your arms with your palms facing the soles of your receiver's feet.

WORKBOOK
Phase IV
Pg. 39
Say Aloud

4. **ASK** givers to repeat after you:

   *Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice...and acknowledge the energy of wholeness.*

WORKBOOK
Phase IV
Pg. 40
First Say Aloud

5. **TELL** observers to read the first say aloud on page 40 to the receiver.

   *As I place my hands on your ankles, remember it is here and now in everyday life you evolve your ability to manifest all that you are.*

6. **TELL** givers to hold the ankles of their receiver for 30 - 60 seconds.

7. **EXPLAIN** to observers and givers that holding the ankles is for anchoring and grounding.

WORKBOOK
Phase IV
Pgs. 40-41

8. **VERBALLY GUIDE** givers:

- Givers, please lift your hands away from your receiver's ankles and let your arms relax at your sides.
- Step to your left, gently uncover your receiver and take a small step back.

WORKBOOK
Phase IV
Pg. 40
Second and Third
Say Alouds

9. **SAY:**

- Givers, please say to your receiver:

  *Please roll onto your side, facing me, and sit up.*

  *Carefully slide to your left so you are near the end of the table.*

**Final Grounding and Greeting**

10. **SAY:**

- Stand in front of your receiver and with your arms extended, palms up, amplify energy toward your receiver's feet for final grounding for 30 - 60 seconds.
- Let your arms relax at your sides, smile and greet your receiver.

*Remind givers to stand before their receivers looking confident and reminding them that this is a celebration of the energetic being that they are.*

## High Heart Alignment and Closing Statement

WORKBOOK
Phase IV
Pgs. 42-43

1. **REFER** observers to page 42 in their workbooks.

2. **VERBALLY GUIDE** givers:

   - Move to your right, walk to the end of the table and stand at your receiver's left shoulder.

WORKBOOK
Phase IV
Pg. 42
First Say Aloud

3. **TELL** observers to read the first say aloud on page 42.

   *I will be placing my right hand on your back high heart center and my left hand on your front high heart center.*

4. **VERBALLY GUIDE** givers:

   - Givers, place your right hand on the receiver's back high heart center and your left hand on their front high heart center.

WORKBOOK
Phase IV
Pg. 42
Second and Third
Say Alouds

5. **TELL** observers to read the second say aloud on page 42.

   *Relax and breathe deeply. This is a pure place of centeredness and peace and it is always here.*

6. **ASK** givers to hold this position for 30 - 60 seconds.

7. **TELL** observers to read the third say aloud on page 42.

   *I will now place my left hand on the back of your neck.*

8. **VERBALLY GUIDE** givers:

   - Givers, keep your right hand on the high heart center on the back.
   - Now move your left hand and place it on the back of your receiver's neck.

WORKBOOK
Phase IV
Pg. 43
Say Alouds

9. **TELL** observers:

   - Observers, please read the say alouds on page 43 to the receiver, beginning with your receiver's name.

     *(Say receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.*

     *I honor you and the Infinite Potential within you. And so it is.*

*Tell students that in this final say aloud we amplify and direct the energy.*

10. **ASK** givers to gently remove their hands and relax them at their sides.

11. **ASK** the receivers to provide feedback to the givers.

12. **ALLOW** five minutes for feedback.

13. **ASK** the class what questions they have and respond appropriately.

14. **TELL** the class that they will now break for lunch.

15. **PROVIDE** details regarding the lunch break:

    - Lunch will be (*length of time for lunch*) and we will start the afternoon session promptly at _____pm.

*1-1 1/2 hours is recommended if time permits.*

*You may adjust the length of the break depending on your training location and time.*

- - - - E N D  O F  M O R N I N G  S E S S I O N - - - -

**- - - L U N C H  B R E A K - - -**

EMF Balancing Technique®

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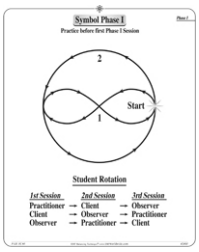
# Unit 4

# **Practice Session 2**

## Unit 4: Practice Session 2

Time: 1 hour 15 minutes




FLIP CHART #4
Student Rotation

1. **WELCOME** the class back from lunch and introduce the second practice session for Phase IV:
   - Now we will begin Practice Session 2. Please rotate into your next role.
2. **REMIND** students to refer to their student rotation form if they are unclear of their next role.

Turn to page 147 step 3 and begin Practice Session 2.

After completing Practice Session 2, provide a 10 minute break before proceeding to Unit 5 Practice Session 3.

**--- 10 minute break ---**

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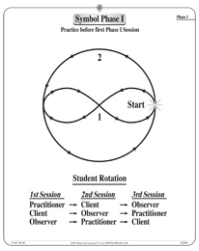
# Unit 5

# **Practice Session 3**

## Unit 5: Practice Session 3

Time: 1 hour 15 minutes




FLIP CHART #4
Student Rotation

1. **WELCOME** the class back from break and introduce the third practice session for Phase IV:
   - Now we will begin Practice Session 3. Please rotate into your next role.
2. **REMIND** students to refer to their student rotation form if they are unclear of their next role.

Turn to page 147 step 3 and begin Practice Session 3.

After completing Practice Session 3, provide a 10 minute break before proceeding to Unit 6 Summary and Conclusion

**--- 10 minute break ---**

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# Unit 6

# **Summary and Conclusion**

## Unit 6: Summary and Conclusion

Time: 1 hour

### Review the Energy Session

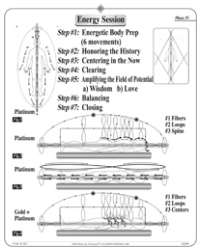
*This is an extensive review. You may abbreviate this review if you feel your students have obtained a clear understanding of the movements.*

1. **WELCOME** the class back from break.

2. **ASK** the class to share some of their experiences while they were experiencing a session.

3. **CONGRATULATE** everybody on doing a great job.

*As you ask questions to the class, provide the answers that the class struggles with. Congratulate those students that provide correct answers or efforts made.*




FLIP CHART
#23 Energy
Session

4. **REFER** the class to the energy session page on page 46 in their Phase IV workbook.

5. **EXPLAIN** the energy session page:

   - As we have done previously, we will use these illustrations to review your Phase IV session.
   - Throughout this review, you will be able to label and sketch key information as well as make any notes that you feel are important.

WORKBOOK
Phase IV
Pg. 46
Energy Session

6. **ASK:**

   - Who would like to name the steps in Phase IV?

     Desired Response: *Energetic Body Prep, Honoring the History, Centering in the Now, Clearing, Amplifying the Field of Potential, Balancing and Closing*

7. **SAY:**

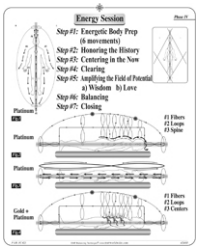
   - Let's begin our review, starting with the Energetic Body Prep.

*Provide any needed assistance.*

*Point out to the class to fill in each of their steps on their energy session page as they are covered in class.*

*During your review, be sure to provide reinforcing comments such as "well done" or "good answer".*

## STEP 1: ENERGETIC BODY PREPARATION




FLIP CHART #23 Energy Session

WORKBOOK Phase IV Pg. 46 Energy Session

1. **REFER** the class to Figure 1, located in the upper left corner on their Phase IV energy session page and **ASK:**

   - What do we call the area labeled as CB?

     Desired Response: *Center Below*

2. **REFERRING** to the CA **ASK:**

   - What does the area labeled CA refer to?

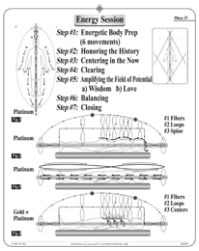
     Desired Response: *Center Above*

3. **REFER** to the area diagramed as Core Energy and **ASK:**

   - What do we call this column of energy that runs from the Center Below to the Center Above?

     Desired Response: *Core Energy*

4. **POINT OUT** the R and L which designate the right and left side of the receiver.

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5. **TELL** the class that there are six movements in the Energetic Body Prep and **ASK:**

   - Who would like to volunteer to name them?

   Desired Response:
   *1. Amplifying energetic awareness;*
   *2. Right leg, Amplifying energetic awareness;*
   *3. Left leg, Amplifying energetic awareness;*
   *4. Right arm, Amplifying energetic awareness;*
   *5. Left arm, Amplifying energetic awareness;*
   *6. Focusing awareness within the heart center*

*Provide reinforcing comments for answers, like "good" or "well done".*

*It is helpful to briefly demonstrate some movements. It will help reinforce your review of them.*

**The Honoring**

6. **TELL** the class that there is an The Honoring that is stated at the beginning of each session.

7. **SAY:**

   - Standing at the foot of the table with your arms extended, palms facing the soles of your receiver's feet, you stated The Honoring.

8. **ASK:**

   - Who would like to say The Honoring?

9. **CHOOSE** a volunteer to repeat The Honoring and assist as needed.
   Desired Response: *From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.*

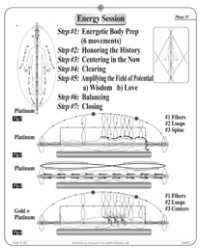
10. **SAY** to the class:

    - Let's begin with the Energetic Body Prep.
    - What is the first movement?

    Desired Response: *Amplifying energetic awareness*

*Refer to the diagram and show the movement of energy during amplifying energy up through the body.*

## Amplifying Energetic Awareness

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11. **REFER** the class to Figure 1 #1 on their diagrams and **ASK:**

    - Who would like to say the words that we use when we amplify energy up through the body?

      Desired Response: *Focus your awareness on the platinum energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel sense, imagine or think about your entire Universal Calibration Lattice … and acknowledge the energy of wholeness.*

12. **REMIND** the class that amplifying energy up through the body initiates the circulation of energy which prepares the body energetically, sets the resonance for a good session and assists the receiver in raising their vibrational frequency.

## Right Leg – Amplifying Energetic Awareness

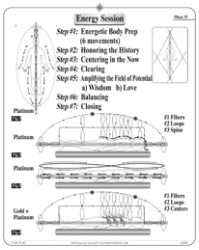
13. **ASK:**

    - What is the second movement, represented by #2 on your diagram?

      Desired Response: *Right leg - amplifying energetic awareness*

14. **EXPLAIN** amplifying energy down the right leg:

    - You started at the top of the thigh and keeping your hands 2 - 4 inches above the receiver's leg, you moved down the leg in one smooth continuous movement until you reached the toes of the receiver's right foot.
    - At the end of the foot, you held your right fingertips above your receiver's toes and rotated your left palm until it faced the sole of their foot with your fingers pointed downward.

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- You then held this position momentarily and keeping your right fingertips over the receiver's toes, you brought your left hand back.

15. **ASK:**

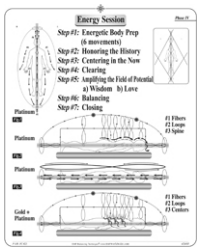
    - How far and in which direction?

      Desired Response: *24 inches (60 cm) in a straight horizontal line, level with their right foot*

16. **CONTINUE** to explain:

    - You then held this position for a few seconds to allow the energetic tension to build and then brought your right hand back to disconnect.
    - And as you recall, the disconnect is a palm sweeps palm, fingertips sweeps fingertips movement.
    - The say aloud that was stated was to enhance a strong connection to the Center Below.

## Left Leg – Amplifying Energetic Awareness

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17. **ASK:**

    - What is the next movement, represented as #3 on your diagram?

      Desired Response: *Left leg – amplify energetic awareness*

18. **EXPLAIN** amplifying energy down the left leg with the same detail as the right leg.

19. **TELL** the class that the same say aloud is repeated that was used for the right leg, to enhance a strong connection to the Center Below.

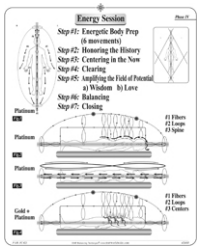
*Remind the class that they walked around the bottom of the table to the receiver's left side.*

## Right Arm – Amplifying Energetic Awareness

20. **ASK:**

    - What is the next movement, represented by #4?

      Desired Response: *Right arm - amplifying energetic awareness*

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21. **EXPLAIN** *amplifying energy down the right arm:*

Facing the receiver's crown, you uncovered your receiver's arm so that the palm faced up and if necessary uncurled their fingers.

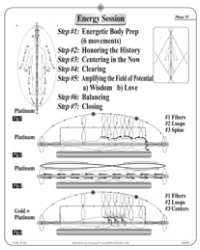
- With your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the shoulder and amplified the energy down the right arm to the receiver's fingertips until all three sets of fingertips were aligned.
- Your fingertips were 2 - 4 inches (5 - 10 cm) from your receiver's fingertips.
- You held this position momentarily and then moved your left hand away from your receiver's hand to a distance of about 24 inches (60 cm).
- Then after holding for a few seconds allowing the energetic tension to build, you brought your right hand back to your left hand and disconnected.
- Then you placed your receiver's arm in its original position and replaced their cover.
- And the say aloud was for the receiver to increase the radiating of their heart energy, creating greater freedom.

**Left Arm – Amplifying Energetic Awareness**

22. **ASK:**

- What is the next movement, represented by #5?

  Desired Response: *Left arm - amplifying energetic awareness*

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23. **EXPLAIN** amplifying energy down the left arm:

    You walked around the bottom of the table and once again you were facing the receiver's crown. Just as you did with the right arm, you uncovered your receiver's arm making sure the palm faced up and if necessary uncurled their fingers.

    - Your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the left shoulder with your right palm below the shoulder and your left palm above the shoulder, and you amplified the energy down the arm to the receiver's fingertips.

24. **ASK:**

    - Once you aligned your fingertips with your receiver's fingertips, what did you do?

      Desired Response: *The hands were rotated so that your left palm faced up.*

25. **CONTINUE** to **EXPLAIN:**

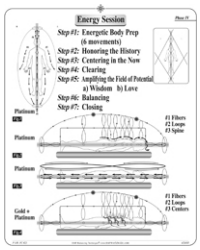
    - Your fingertips were 2 - 4 inches (5 - 10 cm) from your receiver's fingertips.
    - You held this position momentarily and then moved your left hand away from your receiver's hand to a distance of about 24 inches (60 cm).
    - Then after holding for a few seconds allowing the energetic tension to build, you brought your right hand back to your left hand and disconnected.
    - Then you placed your receiver's arm in its original position and replaced their cover.
    - The say aloud is the same as for the right arm - to increase the radiating of their heart energy, creating greater freedom.

## Focusing Awareness Within the Heart Center

26. **ASK:**

    - What movement is represented by #6?

      Desired Response: *Focusing awareness within the heart center*

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27. **EXPLAIN** amplifying energy towards the heart center:

    - After completing your work with the left arm you walked around the foot of the table and stood at your receiver's right shoulder, facing their crown.
    - Holding your right palm upwards you pointed your fingertips downwards toward the heart center at a 45 degree angle, about 4 - 6 inches (10 - 15 cm) above your receiver's body, amplifying golden or platinum energy.
    - At the same time, your left hand with palm facing your receiver's crown circled clockwise with a diameter of 4 - 6 inches.

*Remember the energy is either golden or platinum according to the receiver's inner wisdom.*

28. **ASK:**

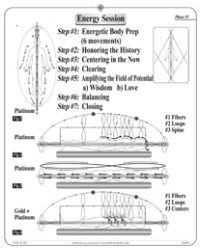
    - After you stopped circling with your left hand, what movement did you perform with your right?

      Desired Response: *The right hand was rotated to a horizontal position so the palm faced the receiver's heart center at a distance of about 3 inches (7 cm) with the fingers pointing toward the receiver's crown.*

*Demonstrating this will help illustrate your explanation.*

29. Continue to **EXPLAIN:**

- Then while your right palm remained over your receiver's heart center, you drew your left hand back and away from their crown to a distance of 24 inches (60 cm).
- Holding for a few seconds to build the energetic tension, you brought your right hand to your left for a smooth disconnect.
- The intent here is for a strong, clear connection to the Center Above.
- That completes the Energetic Body Prep.

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30. **ASK:**

- How many times are each of these movements performed?

  Desired Response: *3 - 9 times*

- Does the giver have to perform the same number of movements on each area that they are working on? For example, if the giver amplifies the energy down the right leg three times, do they need to amplify the energy down the left leg three times as well?

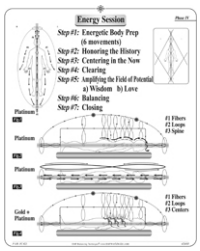
  Desired Response: *No, it is not necessary. However, it is important that the giver honors the guidelines of performing the movements 3 - 9 times.*

31. **SAY:**

- Next, you asked your receiver to turn over onto their front.
- Doing this allowed you to work with the back of the UCL to facilitate the posture of balance as your receiver reached out to co-create with the Universal Energy Source.

## STEP 2: HONORING THE HISTORY

### Balancing the Long Informational Fibers with Platinum Energy

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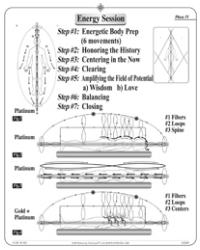
1. **EXPLAIN** using platinum energy:
   - This is the first time you amplified platinum energy through the long informational fibers.
2. **REFER** the class to Figure 2 on page 46.
3. **EXPLAIN** balancing the long informational fibers:
   - You started in the Center Below, 24 inches (60 cm) below your receiver's feet with your right hand palm up.
   - Please take a moment and write *24 inches (60 cm)* between the feet of the figure and the Center Below and *24 inches (60 cm)* between the crown and the Center Above.
   - Your left hand was held palm up at about shoulder height to receive platinum energy.

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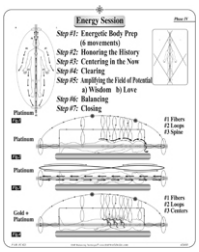
KEY POINT

- As you started your walk forward, you turned your hand so the palm faced forward.
- As you walked alongside the table you continued moving your hand, amplifying platinum energy through the three long informational fibers.
- As you approached the crown, you slowly turned the palm of your right hand to face downwards and finished the movement by anchoring in your receiver's Center Above.
- You had two say alouds here: one was the intent for transformation and the other was the intent for activation.
- For each say aloud (intent) the movement is performed 3 - 9 times.

*You may refer the class to the diagram on Pg. 3 of their Phase IV workbook to assist them with labeling their illustration.*

*Here you can describe the platinum energy as very fine filaments of light.*
*These filaments of platinum light create a complex infrastructure to strengthen the UCL.*
*The platinum resonates through the field, creating a shield-like quality that will deflect inappropriate energies.*

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4. **ASK:**

- What is the distance of your right hand from the receiver's body as you perform this movement?

  Desired Response: *24 inches (60 cm)*

- Please take a moment and note on your illustration this distance from the back of your figure to the line which designates the path of movement through the long informational fibers.

- Also, next to the #1, please write the best that you can in the small space, *balancing long informational fibers.*

- As a reminder, there are three fibers in the back although you see only one fiber illustrated.

*Only one fiber is illustrated so that the path of the movement can be seen.*

**Balancing the Infinity Loops with Platinum Energy**

5. **EXPLAIN** balancing the infinity loops:

- The next area we balanced was the infinity loops.

- Once again, your left hand was held shoulder high, palm up to receive platinum energy.

- You started in your receiver's Center Below with your palm facing the soles of your receiver's feet.

- You then moved your right hand towards the soles of their feet, amplifying platinum energy through the infinity loops beneath their feet.

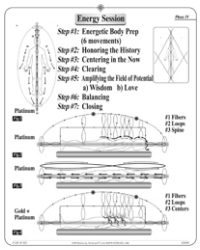
- A few inches from their feet, you raised your right hand, palm still facing forward, to about 12 inches (30 cm) above their body.

- Take a moment and write *12 inches (30 cm)* between the back of your figure and the line which designates the path of movement through the infinity loops.

- You then walked slowly alongside the table moving your hand in a straight line while amplifying platinum energy through your receiver's infinity loops.
- A few inches past your receiver's head, you lowered your right hand, aligned with the crown, and moved your hand forward into your receiver's Center Above.
- Then you relaxed your arm.
- So, next to the #2, please write *balancing infinity loops.*
- This movement is performed 3 - 9 times when working on your own.
- And you had a say aloud here.

*Acknowledge to the class that the writing space is small. Encourage them to do their best.*

**Amplifying Platinum Energy Up Through the Spine**

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1. **EXPLAIN** amplifying platinum energy up through the spine:
   - Next we amplified platinum energy up through the spine.
   - Standing by your receiver's left side, you held your right palm up with your fingers pointing towards the base of the spine. You held your left palm down, facing your receiver's back, 2 - 4 inches (5 - 10 cm) above their body, at the base of their spine.
   - As shown in your illustration, you moved your left hand towards your receiver's crown, following the curvature of their spine.
   - Then, you finished the movement just above the receiver's crown in a wave-like motion, off the area of their third eye.
   - This movement is performed 3 - 9 times when working on your own, and there is a say aloud here.
   - Take a moment and next to the #3, please write *amplifying platinum energy up through spine.*

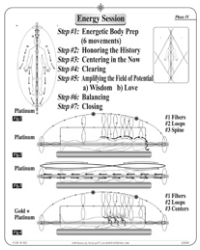
2. **SAY:**

- Next, you asked your receiver to turn over onto their back.
- And remember, for their safety, you asked them to turn facing away from you.
- At this point, you were standing at your receiver's mid-section in position for Step 3 - Centering in the Now.

## STEP 3: CENTERING IN THE NOW

1. **REVIEW** balancing the downward and upward flows and tracing the Core Energy pattern, using Figure 3.

### Balancing the Downward Flow

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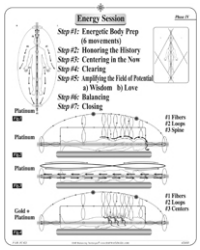
2. **SAY:**

- Your beginning stance was at the right side of your receiver, facing the table.
- You then informed your receiver that you would be placing your hand on the area of their solar plexus.
- Your left hand was placed with the fingertips on your receiver's navel, and pointing towards their Center Below.
- Your right arm was extended, fingers pointed towards their Center Below, amplifying platinum energy.
- As noted in Figure 3, the downward arrows represent the downward flow of energy.

- You stated the say aloud and then held this position for 30 - 60 seconds for the energy to intensify.
- You then lifted your left hand and relaxed your right arm, remaining in the same position.
- You performed this movement only one time.
- Again, you informed your receiver that you would be placing your hand in the area of their solar plexus.

**Balancing the Upward Flow**

- Then you placed your right hand with the heel of the palm on your receiver's navel, your fingers pointing towards their Center Above.
- Your left arm was extended, palm vertical and fingers pointing to the Center Above, amplifying platinum energy.
- As noted in Figure 3, the upward arrows represent the upward flow of energy.
- You stated the say aloud and then held this position for 30 - 60 seconds to allow the energy to build.
- Then you lifted your right hand and relaxed your left arm.
- Again, this movement is performed only once.

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## Tracing the Core Energy Pattern

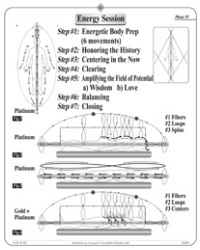
- The next step was for you to trace the Core Energy pattern.
- Please notice in Figure 3 the figure eight over the receiver.
- As you can see, this pattern is nicely illustrated for you to reference as we review this movement.
- Your position for this movement was at your receiver's right side, with your left hand palm up to receive platinum energy and your right hand palm down at your receiver's Center Above.
- You stated the say aloud here, encouraging the receiver to focus their energy in the Now.
- Keeping a distance of 12 inches (30 cm) above your receiver's body and in a horizontal plane, you began tracing the figure eight pattern.
- You moved your right hand down and to the right of your receiver's head, down the right side of their body, crossing at their navel, down the left side of their body to their Center Below and up their right side, crossing at their navel and following the curve of the figure eight up the left side of their body, finishing in their Center Above.
- You performed this movement 3 - 9 times.
- Next, you lifted both hands to about table height and allowed your receiver to continue calibrating in this energy for about 30 seconds.
- You then walked to near the end of the table and stood by your receiver's feet, putting you in position for Step 4 - Clearing.

## STEP 4: CLEARING

### Clearing the Long Informational Fibers

1. **REFER** the class to Figure 4 at the bottom of page 46.

2. **REMIND** the class that they used golden energy throughout the clearing process.

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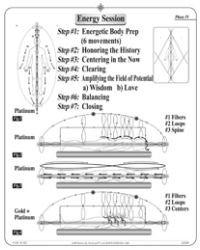
3. **EXPLAIN** clearing the long informational fibers:
   - You started in the Center Below, 24 inches (60 cm) below your receiver's feet with your left hand palm up about shoulder height to receive golden energy, your right hand held palm up in the Center Below.
   - Please take a moment and write *24 inches (60 cm)* between the feet of the figure and the Center Below and *24 inches (60 cm)* between the crown and the Center Above.
   - As you started your walk forward, you turned your hand so the palm faced forward.
   - As you walked alongside the table, your hand about 24 inches (60 cm) above your receiver, you continued to amplify golden energy through the long informational fibers.
   - As you approached the crown, you followed the arc of the fibers, slowly turning the palm of your right hand to face downwards, and ended the movement by anchoring in your receiver's Center Above.

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4. **ASK:**

   - What is the distance of your right hand from the receiver's body as you perform this movement?

     Desired Response: *24 inches (60 cm)*

   - Please take a moment and note on your illustration the distance from the front of your figure to the line which designates the path of movement through the long informational fibers.

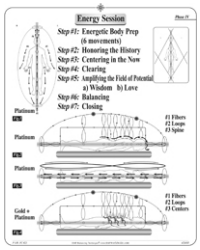
5. **SAY:**

   - You also had two say alouds: the first say aloud was for release and the second say aloud was for activation.
   - As before, for each say aloud you performed the movement 3 - 9 times.
   - Next to the #1, please write *clearing long informational fibers.*

**Clearing the Infinity Loops**

1. **EXPLAIN** clearing the infinity loops:

   - The next area that we cleared was the infinity loops.
   - Once again, your left hand was held shoulder high, palm up to receive golden energy and your right hand was held in your receiver's Center Below, palm facing the soles of their feet.

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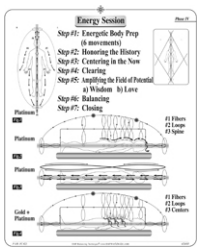
- You then moved your right hand towards the soles of their feet, amplifying golden energy through the infinity loops beneath their feet.
- A few inches from their feet, you raised your right hand, palm still facing forward, to about 12 inches (30 cm) above their body.
- Take a moment and write *12 inches (30 cm)* between the front of your figure and the line which designates the path of movement through the infinity loops.
- You then walked slowly alongside the table moving your hand in a straight line while amplifying golden energy through your receiver's infinity loops.
- A few inches past your receiver's head, you lowered your right hand, aligned with the crown, and moved your hand forward to your receiver's Center Above.
- This movement was performed 3 - 9 times. And again, you had a say aloud here.
- Next to the #2, please write *clearing infinity loops.*
- You then moved to your right and stood at your receiver's right side near their waist area, facing the table.
- This put you in the proper position for Step 5 - Amplifying the Field of Potential.

## STEP 5: AMPLIFYING THE FIELD OF POTENTIAL

### Amplifying the Solar Plexus Center




FLIP CHART #23 Energy Session

WORKBOOK Phase IV Pg. 46 Energy Session

1. **SAY:**

   - You started this movement with a say aloud, informing your receiver that they would be amplifying their field of potential, to their very own being. You then told them that you would be placing both your hands on their solar plexus.
   - Next, standing at your receiver's waist, you placed both your hands on your receiver's solar plexus, fingers pointing toward their crown.
   - Your hands were about 1 inch (2 - 3 cm) apart.
   - Then the observers repeated the say aloud to the receiver.
   - You remained in this position for 30 - 60 seconds, allowing for the fibers within to respond.
   - You then slowly lifted your hands 2 - 4 inches (5 - 10 cm), opening and amplifying their solar plexus center, turning your palms upward.
   - You completed this movement by turning your palms face down on either side of your receiver's body.
   - You can think of this movement as like opening a sacred book.
   - This is illustrated in Figure 4.
   - When working with receivers, you perform this movement 3 - 9 times.
   - You then took a small step to your right which positioned you for opening and amplifying the creative center.

*Demonstrate this movement.*

**Amplifying the Vital Energy Centers**

2. **SAY:**

- At this point, you were standing at your receiver's right hip, holding both hands 1 - 2 inches (3 - 5 cm) above their creative center.
- Your fingers were pointing towards their crown.
- Then the observers repeated the say aloud to the receiver.
- You held this position for 30 - 60 seconds, allowing the fibers to respond.
- Then, you slowly lifted both hands 2 - 4 inches (5 - 10 cm), turning your palms upward and completing the movement by turning both palms face down on either side of your receiver's body.
- When working with a receiver, this movement is performed 3 - 9 times.
- Next, you took a few steps and stood at your receiver's heart center.

*This entire movement is completed without touching the receiver.*

**Amplifying the Heart Center**

3. **SAY:**

- You then amplified the heart center, the same way you opened and amplified the creative center.
- Next to the #3, please write *amplify energy centers.*
- You then took a step to your left and stood at your receiver's head, facing their Center Above.
- Next, we focused on two tools for the receiver to use as they are co-creating their reality. The first tool was wisdom.

*This entire movement is done without touching your receiver.*

**Accent on Wisdom - Connect to Source of Wisdom**

4. **SAY:**

- With your arms extended, you held both hands palms down in the receiver's Center Above.
- You slowly walked backwards alongside the table, hands held with palms down, 4 - 6 inches (10 - 15 cm) above the receiver's body, fingers pointing to their Center Above.
- You respectfully amplified the refined energies from their Center Above, down and through every cell in their being, and anchored them in their Center Below.
- You stated a say aloud here, to infuse every cell of their being with wisdom.
- When working with a receiver, this movement is performed 3 - 9 times.
- You then relaxed your arms, placed a chair at the side of the table and sat comfortably.
- This positioned you for the next movement.

**Accent on the Energy of Love**

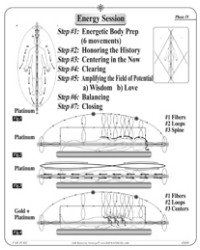
5. **SAY:**

- The second tool we focused on was on the energy of love.
- You informed your receiver that you would be placing your left hand under their neck and your right hand fingers on their high heart center.
- You slid your left hand under your receiver's neck, and placed the three fingers of your right hand on their high heart center, fingertips pointing towards the crown.
- Here you stated a say aloud, encouraging the receiver to create for themselves a potential accented with the energy of love.

*When you place your hands in this position and state the say aloud, a pattern of energy flows downward, beautifully bathing the entire being in the energy of pure love.*

- You held this position for 30 - 60 seconds, allowing the energy of love to flow and radiate freely through their being.
- This movement is performed only one time.
- You then removed your fingers from the high heart center and slid your hand from under your receiver's neck.

## STEP 6: BALANCING




FLIP CHART
#23 Energy Session

WORKBOOK
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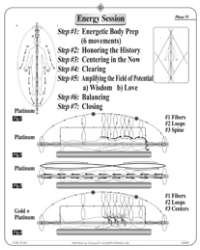
Energy Session

1. **SAY:**
   - Remaining in the same position and after informing your receiver that you were going to place your hand on their solar plexus, you placed your right hand palm down on their solar plexus, fingers pointed toward the crown and your left elbow on the table at their shoulder with your left palm up.
   - Your left palm received platinum energy while you held this position for 30 - 60 seconds.
   - You then stated a say aloud, which was a sacred intent that the receiver could repeat.
   - Next, you raised your right hand slightly and moved it to a position 2 - 4 inches (5 - 10 cm) above the receiver's creative center with your fingers pointing towards your receiver's crown.
   - You held this position for 30 - 60 seconds and stated a say aloud, which was another sacred intent.
   - Next, you placed your right hand above your receiver's heart center with your fingers pointing towards their crown.

*As an option, the giver may place the three middle fingers of their right hand on the receiver's high heart center. If they elect to do this, remind them to inform the receiver prior to placement.*




FLIP CHART
#23 Energy Session

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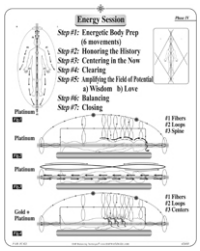
- Your left elbow remained resting on the table.
- You held this position for 30 - 60 seconds.
- After stating the final sacred intent, you slowly lifted your right hand away from your receiver's heart center and relaxed your left arm.
- Each of these movements is performed only one time.
- You then stood up, placed the chair at the head of the table and returned to stand near the end of the table by your receiver's feet.
- This positioned you for balancing the infinity loops with platinum energy.

## Balancing the Infinity Loops with Platinum Energy




FLIP CHART
#23 Energy Session

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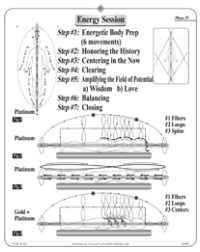
2. **EXPLAIN** balancing the infinity loops with platinum energy:
   - Once again, your left hand was held shoulder high, palm up to receive platinum energy.
   - You started 24 inches (60 cm) in your receiver's Center Below with your palm facing the soles of your receiver's feet.
   - You then moved your right hand towards the soles of their feet, amplifying platinum energy through the infinity loops beneath their feet.
   - A few inches from their feet, you raised your right hand, palm still facing forward, to about 12 inches (30 cm) above their body.
   - You walked slowly alongside the table as you continued to move your hand in a straight line, amplifying platinum energy through the infinity loops.
   - A few inches past your receiver's head, you lowered your right hand, your palm still facing forward and moved your hand forward to your receiver's Center Above.
   - You then relaxed your arms at your side.
   - Also, you had a say aloud that you stated.
   - Once again you can see this illustrated in Figure 4 on your energy session page.
   - You then walked to near the end of the table and stood by your receiver's feet.

*This is the same movement which was performed for clearing. The difference here is the giver is balancing with platinum energy with a different say aloud.*

## Balancing the Long Informational Fibers with Platinum Energy




FLIP CHART
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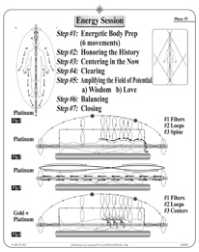
3. **EXPLAIN:**

- Next, you balanced the long informational fibers with platinum energy.
- You started in the Center Below with your right hand palm up.
- If not already noted, please take a moment and write *24 inches (60 cm)* between the feet of the figure and the Center Below and *24 inches (60 cm*) between the crown and the Center Above.
- Your left hand was held palm up at about shoulder height to receive platinum energy.
- As you started your walk forward, following the arc of the fibers, you turned your hand so the palm faced forward.
- As you walked alongside the table, you continued moving your hand forward, amplifying platinum energy through the long informational fibers 24 inches (60 cm) above your receiver.
- As you approached their crown, you followed the arc of the fibers and slowly turned the palm of your right hand to face downwards, finishing the movement by anchoring in your receiver's Center Above.
- This movement is performed 3 - 9 times when working on your own.
- You then relaxed your arms and sat comfortably in the chair at the top of the table.
- This positioned you for the balancing around the head.
- The balancing around the head you have done before and are familiar with.

*This is the same movement which was performed for clearing.*




FLIP CHART
#23 Energy Session

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## Balancing Around the Head

4. **ASK:**

- Where do you place your hands while balancing around the head?

  Desired Response: *Underneath the back of the head*

- What are we balancing when we balance around the head?

  Desired Response: *The rings of energy that surround the head both vertically and horizontally, so that they are adjusted to form evenly spaced healthy patterns according to the receiver's inner wisdom.*

- You held this position for 30 - 60 seconds.

- Next, you completed the final adjustments.

## Final Adjustments

5. **ASK:**

- What did you do for the final adjustments?

  Desired Response: *Placed our hands on the joint of the receiver's jaw, palms toward the face.*

- And the intent was given to allow any needed adjustments to be calibrated through the receiver's energy field according to their inner wisdom.

- You slowly removed your hands from your receiver's jaw, centered yourself for a moment and then stood and walked to the end of the table, facing your receiver's feet, positioned for the Closing.

*Assist the class if they struggle with the answers.*

*Congratulate those that provide answers or those that make an effort.*

## STEP 7: CLOSING

### Amplifying Energetic Awareness and Grounding

1. **ASK:**

   - What is the proper position when you amplify energy up through the body?

     Desired Response: *Standing at the bottom of the table, arms extended, palms facing the soles of the receiver's feet*

   - What are the words that we said when we amplified energy up and through our receiver's body? Remember, we used platinum energy.

     Desired Response: *Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice...and acknowledge the energy of wholeness.*

   - What did you do next?

     Desired Response: *Placed both hands firmly but gently on the receiver's ankles.*

   - And held for about 30 - 60 seconds to help ground them.

### Final Grounding and Greeting

- You then lifted your hands off your receiver's ankles, gently removed the cover and asked them to roll onto their side, sit up and carefully slide to the end of the table.
- And then smiling and looking confident, you extended your arms, palms up with fingers pointed at your receiver's feet and amplified energy for a final grounding.

**High Heart Alignment and Closing Statement**

2. **SAY:**

- You moved to the end of the table, next to your receiver's left shoulder for the high heart alignment.
- You informed them that you would be placing your right hand on their back high heart center and your left hand on their front high heart center.
- You then repeated the say aloud and held this position for 30 - 60 seconds.
- Then you informed your receiver that you would be placing your left hand on the back of their neck.
- Then you repeated the closing statement, first stating your receiver's name.
- Let's repeat the closing statement together:

  *(Say receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.*

  *I honor you and the Infinite Potential within you. And so it is.*

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*Tell students that in this final say aloud we amplify and direct the energy.*

3. **ASK** for questions about the Phase IV review and respond as needed.

**Conclusion**

1. **THANK** the class for all their work and participation and congratulate them on completing their Personal Growth training.

2. **CLOSE** the training.

**Suggestions**

You may invite the class to spend some social time together sharing refreshments and the new friendships that were created throughout the training.

You can suggest a "keep in touch" list of names, phone numbers, emails etc. of students in the class.

EMF Balancing Technique®

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# Unit 7
# **Business Practices**

## Unit 7: Business Practices

**Allow time to go over this unit with the intern before starting the internship program.**

Time: 45 minutes

***

FLIP CHART
Day Schedule

1. **WELCOME** the intern.
2. **REFERRING** to the schedule, **POINT OUT** the next topic:
    - Let's take a look at where we are on today's schedule - Business Practices.
    - Next we'll spend a little time talking about some of the things that might be helpful to you when you set up as a business.
    - We'll begin with one of the important aspects of your practice – Ethics and Standards of Conduct.

**Practitioner Ethics and Standards of Conduct**

3. **EXPLAIN:**

- The energy work that you are doing when doing the EMF Balancing Technique is sacred work.
- It is important to behave in an ethical and co-operative manner when you begin to offer sessions.
- Your behavior is representative of every EMF teacher and practitioner worldwide and by demonstrating professional behavior at all times, you honor the work, your client, your colleagues around the world as well as yourself.
- Clients may present you with a wide range of issues, some of which may be of a more serious nature.
- Others will present none at all. In any case, it is essential to always honor your client by maintaining confidentiality at all times.
- It is also important to remain stable and to keep clear boundaries with your client. This will help ground your client and they will receive the maximum benefit from their session.

- Remember that you are not obligated to give a session to a client that you feel uncomfortable with.
- You can refer them to the appropriate resource for the proper care - that may be a physician, a mental health care practitioner, or even another EMF practitioner.
- When you begin to offer EMF Balancing Technique sessions professionally, there are various ways of advertising. Next, I'll share a few suggestions.

TRANSITION
to Advertising

4. **INTRODUCE** and **EXPLAIN** each of the topics below:

**Advertising**

**Business Cards and Brochures**

- Having some business cards made is a good idea. You can obtain officially designed cards from EEI to print, at the 'EEI Resources' section on the www.EMFWorldwide.com website.

- It is also a good idea to have a brochure, a promotional flyer or a leaflet. You can obtain officially designed brochures from EEI to print, at the 'EEI Resources' section on the www.EMFWorldwide.com website.

- You will find more guidelines concerning advertising material on page 2 of your Practitioner Policy.

**Holistic Fairs**

- If this way of advertising appeals to you, you can hire a stand (either alone or with other practitioners) at a holistic fair. This is a good opportunity for you to offer Intro Sessions.

**Small Ads in Papers and Magazines**

- A good way to advertise is to place a small ad in your local paper and/or in spiritual magazines and papers.

**Press Articles**

- You could approach the press and propose that they write an article about what you are offering - the press are always curious about new techniques.
- A good way of doing this is to offer them some free sessions and an introduction to the technique.
- Having an article written about you is a great way of advertising what you offer, and it is free publicity!

**Session Swaps**

- Offering session swaps with practitioners of other techniques, health food shop owners and at therapy centers is a great way of spreading the word.

**Email Lists/Databases**

- If you already have an email list or a database of people who might be interested, you can email or mail them about what you are newly offering.

**Informational Talks**

- Running regular short introductory talks or information evenings where you introduce the technique and offer Intro Sessions is a very effective way of advertising.
- Offering Intro Sessions is extremely good as it provides people with a personal experience of the energy. You can offer the talks and Intro Sessions for free or for a small charge.

**Website Listings**

- You can have a listing on the EMF worldwide practitioner directory on the EMF website. You can expand your listing by having a link to your personal website if you have one.

**Using Your EMF Tools**

- Remember to use your EMF tools of co-creation. Doing an Alternating Sweep with the intent to attract the appropriate clients to you is very effective.
- You could also arrange to receive or give yourself a Phase IV session and plant seeds for clients. Visualizing people coming to you is also a great idea.

**Word of Mouth**

- Remember that the best form of advertising is word of mouth. Your reputation as a professional, capable and ethical practitioner will always attract people to you.

## Client Contact

### First Contact

- Your first contact, whether by phone, email or letter with a potential client is very important - be friendly and personal but also always professional.
- Aim to get back to them within 24 hours from the first time they contact you.
- If they are completely new to energy work make sure that you use terms that they can understand.
- Explain to them that just as our physical body has many systems within it (e.g. the muscular, the skeletal, the nervous, the endocrine, etc) so too does our energy anatomy.
- You could ask them if they have heard of acupuncture. Explain to them that with the use of needles, acupuncture unblocks the flow of energy along the meridians of the body so that the energy flows smoothly and freely through the body, helping the person to stay in good health.
- Meridians are a system of energy lines which run throughout the body. Most people cannot see the meridians but scientists are starting to discover them.
- The Chinese have actually mapped them out on the human body. Many people experience the beneficial effects of acupuncture.
- Just as acupuncture unblocks the flow of energy in the meridians so that a client can begin to go into balance, Tai Chi and yoga also open up the flow of energy in other systems of energy within the body.

- Explain that in Tai Chi and yoga people do certain movements to open their energy centers (chakras), which are located throughout the body and balance the flow of energy. The chakras are another system of energy connected to our body.
- Explain that in the EMF Balancing Technique we work with another system of energy connected to the body, called the Universal Calibration Lattice.
- This system has been studied and mapped out by Peggy Phoenix Dubro and she has developed this technique to balance the energy within our UCL.
- Each session of the EMF Balancing Technique balances different parts of our UCL and there is a beneficial effect onto our other systems, including our physical body.

**Standard Letters/Emails**

- Prepare some standard letters or emails to send out to people when they first contact you with an enquiry.
- Make sure that your correspondence has information about the technique and sessions, information about you, your contact details, where you work, your fees and available dates, etc.
- It is a good idea to make sure that you send them your information within 24 hours.

**Lateness/Cancellation Policy**

- It is a good idea to think about how you are going to deal with lateness, cancellations and clients who simply don't show up.
- Create a policy or some guidelines for yourself. It is a good idea to ask your client to call you if their plans change or if they are going to be late.

**Client Session Guidelines**

- Each phase builds an energetic foundation for the next phase. Therefore it is important that the client receives the sessions in sequence.
- A client can choose to repeat any phase that they have already had even if they have not completed all four phases.
- Fees are determined by the practitioner.

**Session Duration**

- Here are some approximate times for session duration:
- A single phase takes about an hour and 15 minutes. This includes around 15 minutes before the session to fill in the client forms, around 40 - 45 minutes on the table and around 15 minutes afterwards for your client to give you some feedback.
- A combination session takes about an hour and three quarters.
- This includes around 15 minutes to fill in the client forms, an hour to an hour and a quarter on the table and around 15 minutes for your client to give you some feedback.

**Before the Session**

- When your client arrives take some time and fill in the client forms with them.
- The first time a client comes it is a good idea to allow some extra time here before the session so that you can get to know them a little.
- It is also good to take a client history, for example any known medical conditions and any particular issues or concerns that they may have at that time. Remember, you are not treating any illness.
- Note this information on the New Client Information Form.
- Once you have filled in the New Client Information Form, give your client a short introduction to the technique (for around 15 minutes).
- You can use the picture of the Universal Calibration Lattice® to explain the structure and function of the lattice to them. Then describe the different session options they have, for example, mentioning combination sessions.
- You can tell them what the overall focus of each session is.
- Briefly describe what they can expect during the session.
- You can tell them about what you will be doing, e.g. that you will be working mainly off the body.
- You can tell them that at some point you will ask if they choose to increase the radiating of their core energy and that at this point they need to say or indicate yes.
- You can also describe the light templates to them. You can tell them that they can just listen to the intents or repeat them silently or aloud, whichever they prefer, and that falling asleep is ok.
- Pointing out parts of the session like this will help them feel comfortable and relaxed.

- It is a good idea to explain that the energy is self-regulating and self-directing and that their inner wisdom will determine the outcome of the session.
- Remember, you are a facilitator.

**After the Session**

- After you have completed the session, give your client a glass of water and allow about 15 minutes afterwards so they can re-orientate to their surroundings and give you feedback.
- Note their feedback on your Confidential Client Session Form.
- Remember that you are a facilitator and not a healer. It is important not to diagnose or analyze your client's energy - instead ask them how they experienced the session and focus on their experience.
- This helps to empower your client to trust themselves more and become more familiar with their own energy.

**Next Sessions**

- When it comes to booking the next session, give the power to your client!
- Remember that it is up to the client to choose when they would like to have their sessions (depending on your schedule) and how far apart.
- It is not up to you. Encourage your client to decide for themselves – please don't tell them what to do. The EMF Balancing Technique is a system of self-empowerment and you are encouraging your client to get in touch with their inner wisdom.
- Never try to persuade your client to have another session if they are not sure.
- Clients are free to choose - some clients have a Phase I session and decide to go no further. It is important to give them the freedom of choice.

## Maximum Number of Sessions and Waiting Times

- Remember that the maximum recommended number of phases a client should receive in one day is two.
- However, there are no waiting times between sessions. If they so wished and it was possible for you, your client could come for a combination I & II on one day and come back for a combination III & IV the next day.
- Or they could receive single phases on consecutive days.

## Before the Client Leaves

- Tell your client that the calibration process continues for up to a week after a session is completed and that as the energy integrates they may feel "different".
- Be sure to give them the After Session Client Handout and remind them to drink plenty of water.

## Client Support and Etiquette

- Unless you are a licensed physician or counselor, **please refrain from** providing psychological counseling or medical diagnosis.
- If your client phones after a session and isn't feeling well, is clearing emotions or is feeling unusual, remind them that the EMF Balancing Technique sessions are very profound and gentle. Always, the energetic shifts are according to the client's inner wisdom.
- This will help rule out any problem not associated with the session. Encourage anyone with a medical problem to seek medical advice. The EMF Balancing Technique is not an alternative to traditional medicine, but a complement.

- You can also suggest that the client focus their attention in their Center Below. This will help to recycle their energy into the next healthiest pattern.
- Radiating your Core Energy while you are speaking to the client on the phone will help them to activate their own Core Energy.
- You can even amplify their energy using the Energy Activation Symbol over the phone to assist them.
- It is important to demonstrate empathy with your clients. Make sure you have compassion but with detachment - empathy is not sympathy. See yourself as supportive, being sure not to lend yourself to your client so that they become dependent on you.
- Stay clear of becoming entangled in their challenges. Help them become self-empowered through the EMF Balancing Technique.
- Encourage them to practice activating their Core Energy so that they begin to get their answers from within themselves. You may provide guidance if asked. However, it is best to guide them toward making their own choices.

EMF Balancing Technique®

*Honoring Humanity*

# Unit 8

## Forms & Handouts

## Accredited Practitioner Internship

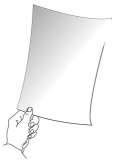
# Phase IV: Forms & Handouts

## Accredited Practitioner Internship (API)

**Unit 8:** **Allow time to go over this unit with the intern before starting the internship program.**

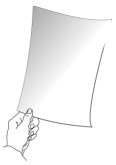
*Please provide the intern with all the appropriate forms and Handouts to refer to from the 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV' you received from EEI.*

1. **TELL** the intern that you will take a few moments and review the Practitioner Policy and License Agreements and other forms and handouts.



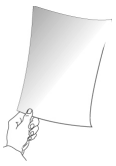
HANDOUT
Accredited
Practitioner
Policy Agreement

2. **TELL** the intern:
   - Please take out Form #12 titled Accredited Practitioner Policy Agreement (2 sheets).
   - Although everything within the policies is important, I would like to take a few moments to highlight and reinforce some of the information and then ask for questions.



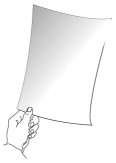
HANDOUT
Accredited
Practitioner
Policy Agreement
Pgs. 1-2

3. **POINT OUT** the copyrights and trademarks:
   - The EMF Balancing Technique® and the Universal Calibration Lattice® are protected by United States and international copyright and trademark laws.
   - The bulleted points on page 2 will outline the details for use.

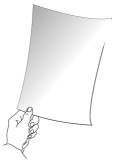


HANDOUT
Accredited
Practitioner
Policy Agreement
Pg. 2

4. **REFER** the intern to page 2 of the Accredited Practitioner Policy Agreement and **EXPLAIN:**
   - The reason that we are adamant that all steps and movements are performed as instructed is to ensure that a client who comes to an EMF Balancing Technique® practitioner in any part of the world for an EMF Balancing Technique® session, receives the same session as they would in any other part of the world.
   - And once again, to ensure the consistency and integrity of the EMF Balancing Technique®.

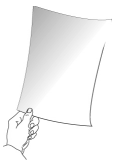


HANDOUT
Accredited
Practitioner
Policy Agreement
Pg. 3



HANDOUT
Accredited
Practitioner
Policy Signature
Form

5. **POINT OUT** the exit policy:
   - We recognize that there will be some cases when a practitioner no longer resonates with the EMF Balancing Technique® and chooses to practice differently than what is defined by the policies.
   - When this happens we support and honor the practitioner as they decide to move in another direction.
   - To do this, we ask that the practitioner sign a release form which states that they will no longer advertise or call themselves an EMF Balancing Technique® practitioner.
   - Please review the policies if you haven't already, and if you are in agreement with them please sign the Practitioner Policy Signature Form (#13), and mail the original signed form to EEI upon completion of your Internship.
6. **ASK** if there are any questions and respond as needed.



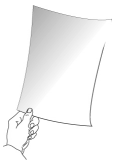
HANDOUT
New License Agreement - Practitioner Form.

7. **ASK** the intern to please take out Form #8 titled New License Agreement - Practitioner Form.

8. **TELL** the intern:

   - The names "EMF Balancing Technique®" and "Universal Calibration Lattice®" are trademarks protected by International Trademark Laws and owned by EEI in the USA, Canada, and the European Union.
   - The reason you are asked to sign the license agreement is to legally confer to you the right to use the names EMF Balancing Technique® and Universal Calibration Lattice® in conjunction with your EMF practice.
   - The license agreement ensures that the EMF Balancing Technique® will always be taught and practiced within the guidelines established by Peggy Phoenix Dubro. It benefits all practitioners who wish to perform the technique with the security of knowing that EEI has a high standard for Practitioners.
   - The legal rights to use the trademark names EMF Balancing Technique® and Universal Calibration Lattice® are assigned via the legally binding license agreement between the owner (EEI) of the trademarks and the individual Teacher or Practitioner. You are allowed the legal right to use the trademarks as long as you are in compliance with the EEI policies. Breaches of the EEI policies may lead to a cancellation of the license agreement.
   - Please review the License if you haven't already. Fill out the form, sign it and mail the original signed form to EEI upon completion of your Internship.

9. **ASK** if there are any questions and respond as needed.



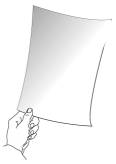
HANDOUT
Handouts from the 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV'

10. **PASS OUT:**

- API Reference Guide (#35)
  - for intern of the Upgrade Internship program please use reference guide (#36)
  - for intern of the Incremental Program please use the reference guide from the IP DVD
- Internship Enrollment Form (#6)
- Internship Consultation Review Form (#1)
- Internship Final Review Form (#2)
- Internship New Client Information Form (#3)
- Internship Confidential Client Session Form (#4)
- Internship Session Log Form (#5)
- Instructions to Practitioner - Client Handout Form (#15)
- After Session - Phase I (Client Handout) (#22)
- After Session - Phase II (Client Handout) (#23)
- After Session - Phase III (Client Handout) (#24)
- After Session - Phase IV (Client Handout) (#25)
- Quick Guide - Introductory Energy Session (#16)
- Quick Guide - Energetic Body Preparation (#17)
- Quick Guide - Phase I (#18)
- Quick Guide - Phase IV (#19)
- Quick Guide - Phase III (#20)
- Quick Guide - Phase IV (#21)
- Accredited Practitioner Internship - Certificate Request Form (#9)
  - for intern of the Upgrade Internship program please use form (#10)
- Website Listing & Contact Details Form (#11)
- Accredited Practitioner Feedback Form (#14)

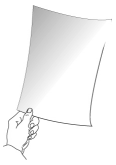
11. **EXPLAIN:**

- I would like to take a few minutes to highlight a couple of items on the forms. Please review these forms in more detail on your own.
- If you have any questions as we review please feel free to ask.



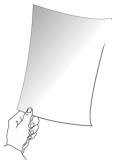
HANDOUT
Practitioner Internship Enrollment Form

12. **HIGHLIGHT** the Practitioner Internship Enrollment Form:
    - Please take out Form #6 titled Accredited Practitioner Internship Enrollment Form.
    - When you have a few moments, please fill out this form and hand it in to me.



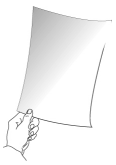
HANDOUT
Internship Consultation Review Form

13. **HIGHLIGHT** the Internship Consultation Review Form:
    - Please take out Form #1 titled Internship Consultation Review Form.
    - For more information on how to work with this form please refer to the API Reference Guide.



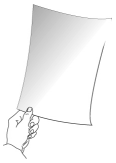
HANDOUT
Internship Final Review Form

14. **HIGHLIGHT** the Internship Final Review Form:
    - Please take out Form #2 titled Internship Final Review Form.
    - For more information on how to work with this form please refer to the API Reference Guide.



HANDOUT
New Client Information Form

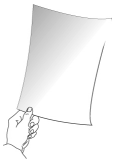
15. **HIGHLIGHT** the Internship New Client Information Form:
    - Please take out Form #3 titled Internship New Client Information Form.
    - This form provides an opportunity for the practitioner to get to know the client.
    - It also has a beautifully written welcome note to the client from Peggy Phoenix Dubro.
    - Once completed, this form should be kept on file as part of the client's permanent record.
    - You can make copies of this form to use when working with your clients.
    - For more information on how to work with this form please refer to the API Reference Guide.



HANDOUT
Confidential Client Session Form

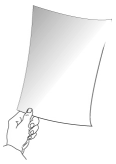
16. **ASK** if there are any questions and respond as needed.

17. **HIGHLIGHT** Confidential Client Session Form:
    - Please take out Form #4, titled Confidential Client Session Form.
    - This form is to be filled out by you (the practitioner) after each session to record your comments regarding the session in particular and also any more generalized notes that may be pertinent.
    - Please keep this form on file as a part of the client's permanent record.
    - Your session notes will help you to know your client better, and they will also contribute to the growing body of EMF session information.
    - While it is not mandatory, keeping a permanent record is essential in order to document results from the EMF Balancing Technique®.



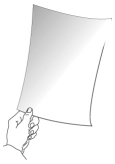
HANDOUT
Internship Session Log Form

18. **HIGHLIGHT** the Internship Session Log Form:
    - Please take out Form #5 titled Internship Session Log Form (Intern Record).
    - For more information on how to work with this form please refer to the API Reference Guide.



HANDOUT
Instructions to Practitioner - Client Handout Forms

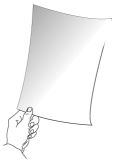
19. **HIGHLIGHT** the Instructions to the Practitioner Client Handout Forms:
    - Please take out From #15, titled Instructions to Practitioner - Client Handout Forms.
    - This sheet explains each of the client handout forms.
20. **ASK** if there are any questions and respond as needed.



HANDOUT
After Session
Client Handouts
Phases I-IV

21. **HIGHLIGHT** the After Session Client Handouts:

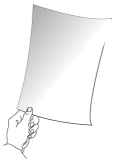
- Please take out Forms #22, 23, 24, 25 titled Phase I, Phase II, Phase III, Phase IV After Session Client Handout.
- Please print out or photocopy the appropriate After Session Client Handout and give it to your client the first time they experience a Phase I, II, III, IV session.
- The After Session Client Handout captures the essence of the words spoken during the session. Just as these words help to focus the direction of each session, this handout helps to reinforce this focus.



HANDOUT
Quick Guides
UCL, EBP,
Phases I-IV

22. **HIGHLIGHT** the Quick Guides:

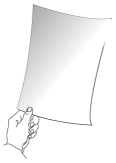
- Please take out Forms #16, 17, 18, 19, 20, 21, which are titled Quick Guides (UCL, Energetic Body Preparation, Phase I, Phase II, Phase III, Phase IV).
- As indicated by the title, these are called Quick Guides.
- **After you have become familiar with a session**, you can use the quick guides during your session instead of the workbooks.



HANDOUT
Accredited
Practitioner
Internship
Certificate
Request Form

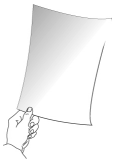
23. **HIGHLIGHT** the Certificate Request Form:

- Please take out Form #9 titled Accredited Practitioner Internship Certificate Request Form.
- After you have finished your training, you will need to fill out this form and send it along with the accreditation payment to EEI in order to receive your certificate.
- Please print clearly all information so that it is correctly recorded.



HANDOUT
Website Listing & Contact Details Form

24. **HIGHLIGHT** the Website Listing & Contact Details Form:
    - Please take out Form #11 titled Website Listing & Contact Details Form.
    - Website listing options and fees are listed on the back
    - At the end of the internship, please fill out this form and send it to EEI.



HANDOUT
Practitioner Feedback Form

25. **HIGHLIGHT** the Practitioner Feedback Form:
    - Please take out Form #14 titled Practitioner Feedback Form.
    - For us to become better at our service and improve our materials and teaching, we need to collect feedback.
    - That is what this form accomplishes.
    - The statements on this form relate to EEI's service to you, myself – your teacher, and the learning materials.
    - It is important that you be candid in your responses to the statements on this form.
    - Your thoughts, comments and constructive criticism are welcome. We view it as an opportunity to learn.
    - At the end of the internship, please fill out this form send it to EEI.

26. **ASK** if there are any questions and respond as needed.

## EEI/EMF On-Line Paperwork for Teachers & Students

*Submission and Payment for all your paperwork to EEI can be done easily on-line, allowing your paperwork to be processed and approved in a fast and efficient way!*

**http://emfworldwidestore.com/EEIOnlinePaperwork/**
(Certificate Request, Policy, License, Web Listing, Payment, Feedback)

By using the on-line system you DO NOT need to send any paperwork by post-mail to EEI.

EMF Balancing Technique®

*Honoring Humanity*

# Teacher Support

## Teacher Support

### A. Honoring the History

To honor the history, one acknowledges that all the experiences one has had to this point are valid and these experiences have created the *you*, present in this moment in time. This understanding contributes to a sense of deep peace and can stimulate elegant releases of old charges and a deeper trust within. The released charge of energy becomes available in Now time, recycled as pure power.

### B. Amplifying the Field of Potential

The movement for this step is graceful and reveals the exquisite depth that the receiver can reach within themselves. From this deep level of Self, pure potentials are born that will gently encourage the receiver to express themselves beyond their current definition of who they are. You and the receiver may experience a profound sense of sacredness of Self. It may feel as if you are opening a sacred book, or sacred records. Be sure to speak the say alouds with a gentle, reassuring voice. It is important that your client understands that the "opening" is not to you - rather it is to themselves.

### C. Accent on Wisdom

In our history of spiritual seeking, the traditional focus has been on reaching upward to the higher realms of consciousness, or God. The downward movement of energy may feel a little unusual at first. However, this downward pattern strengthens the channels of the lattice that bring the higher refined energies into the expression of the Now self. This is a very desirable state of being, especially at this time in our evolution. The stronger our individual connection is to the infinite source of energy, the greater the freedom on this plane.

## D. Group Configuration for Larger Size Classes

The ideal configuration for a group is three. This allows for each person to have the experience as a giver, client, and observer.

However, if you do not have the number of students in class to form all groups with three per group then you will have a mix; some groups will have three students and some groups will have two students.

When you have a group that has two students: for the first practice session, ask those students to join groups that have three students. Their role will be observers, making two observers for those particular groups. Then, in the afternoon, the students that joined the groups of three to observe, regroup with their partners and work with each other during the second and third practice sessions - one student is the client and the other student the giver. Then for the third session, they switch roles. You will need to repeat the say alouds for them during the practice sessions because they will not have an observer to fulfill that role.

You can have your class choose their groups or you can organize the groups.

## E. **Optional Energy Exercises**

Any of the following energy exercises can be used to open the morning session and to close the day.

To Open a Class in the Morning

Opening Circle
Alternating Sweep
Circle with Energy Activation Symbol

End of Day

Circle with Energy Activation Symbol
Golden Pyramid of Freedom
Octahedron Exercise

Guidelines for Optional Energy Exercises

1. Opening Circle: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

2. Alternating Sweep: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

3. Circle with Energy Activation Symbol: Amplifying golden energy with the intent for balance. This is a group energy exercise that can be used with the class seated in their original seats or if you have a smaller class, in a circle.

- The teacher instructs the students to think of where, to what or who, they would like to amplify energy.
- The teacher instructs the students to have their left hand palm up resting in their lap and their right hand palm up to amplify energy.
- The teacher instructs the class to trace the Energy Activation Symbol, followed by each student stating of where, to what or who, they would like to amplify energy.
- The teacher closes with their own loving words.

4. Golden Pyramid of Freedom: To increase the resonance of freedom. Before beginning this exercise, please inform the class that they have a choice of whether or not they want to take part in this exercise.

   Describe the Exercise

   *You can illustrate on a flip chart what you are explaining.*

   a. Explain to the class that they will form a pyramid-like formation with you (the teacher) standing at the capstone (see Fig. 1).

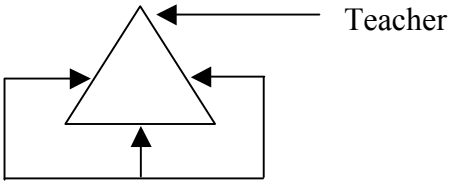



Figure 1

   b. Explain that after the class has created the pyramid-like formation, they will set the energy pattern by each of them holding their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

   c. Explain that at this point you (the teacher) will give the intent to co-create the golden pyramid of freedom, pause for a moment and then everyone will relax their arms

   d. Next, explain one person will start by standing in the lower third of the pyramid, which is the foundation of the pyramid.

   e. Here in the foundation the student will say *I Am Here* (see Fig. 2)

f. Next, they step up into the middle of the pyramid and say *I Remember I Am* (see Fig. 2).

g. And finally they step up into the upper third, the capstone (see Fig. 2) and say *I Am…adding whatever they want to say*, for example, *I Am Joy or I Am Love.*

h. After completing their final statement, the student then returns to their original place and the next student steps into the foundation (lower third) and begins.

i. After all students have completed the pyramid then you (the teacher) close with your own loving words.

*Please remind the class that this exercise is by choice. If they choose not to enter the pyramid, they can simply say "pass".*

j. After explaining the exercise, remind the class that you will guide them through each step. Then, invite the class to form the pyramid and begin the exercise.

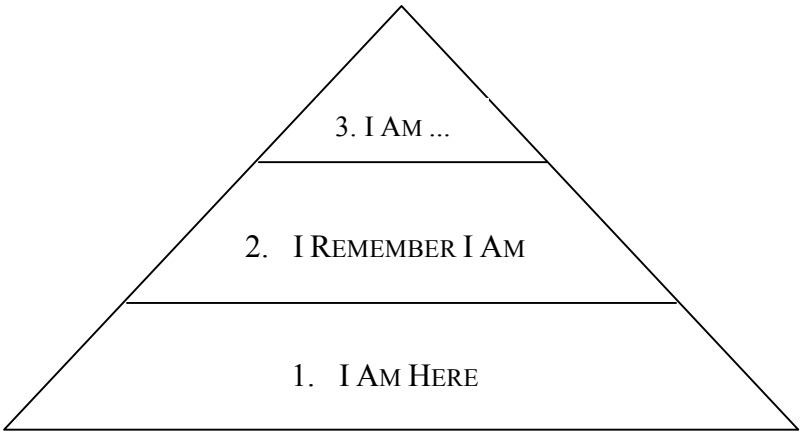



Figure 2

5. Octahedron Exercise: To increase the resonance of home.

Describe the Exercise

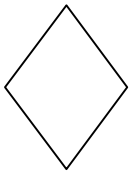
*You can illustrate on a flip chart what you are explaining.*

a. Explain to the class that they will form a octahedron-like formation (see Fig. 1).

b. Explain that to set the energy pattern each student holds their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent, as the octahedron shaped pattern is set, for the resonance of home. Pause for a moment and then have everyone relax their arms.

Figure 1



d. Explain that each student will take a turn and walk to the center of the octahedron. When standing in the center of the octahedron they take a few moments to sense, feel, or think about what they are experiencing at that moment.

e. As the student in the middle of the octahedron is sensing, feeling or thinking about what they are experiencing, invite the rest of the class to sense feel or think about what they are experiencing at that moment also.

f. After a minute or so invite the class to share some feedback. Silence is ok.

g. After a couple of minutes thank the student and ask them to return to their place and invite the next student into the middle of the octahedron and repeat the process.

h. When the last student has finished, you may close with your own loving words.

# Handout - Student Rotation Form

**You can make copies of the handout on the following page.**

**STUDENT ROTATION FORM**

Directions: This form will remind you of what role each member of your group will fill for each practice session. Take a moment to write in the names of each person in your group.

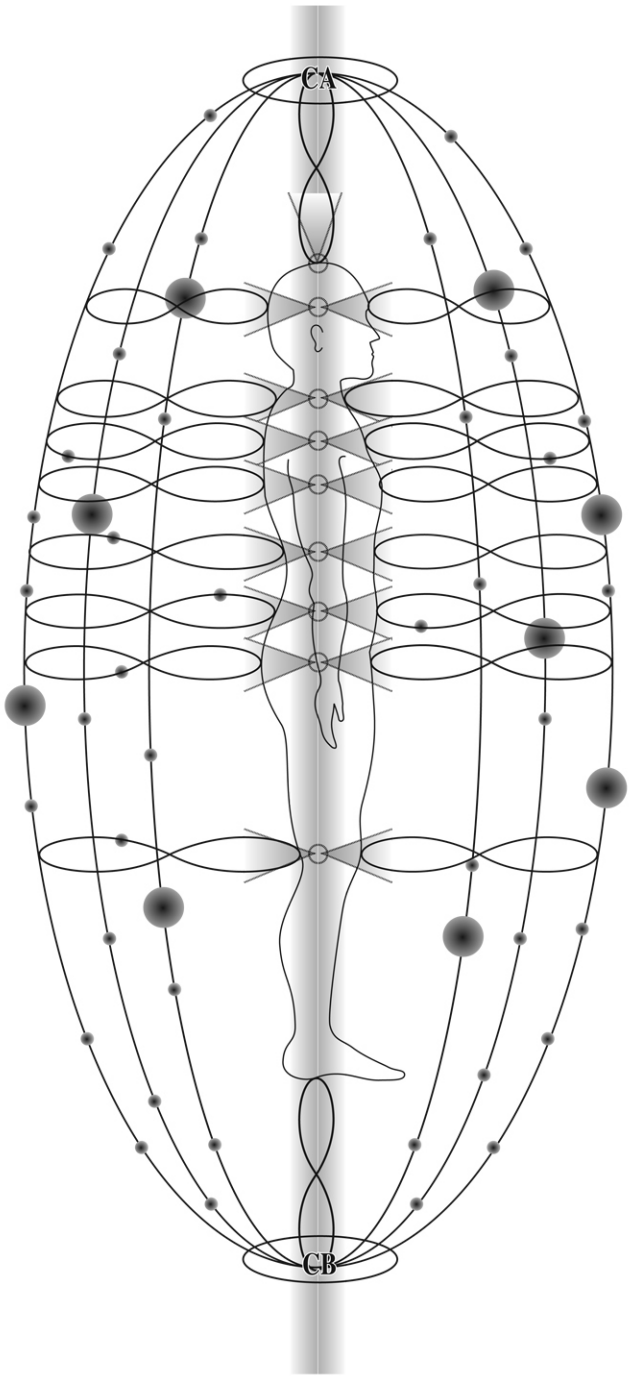
PHASE_____

Roles: G = Giver
R = Receiver
O = Observer

| Name | Session 1 | Session 2 | Session 3 |
|---|---|---|---|
| | **G** | **R** | **O** |
| | **R** | **O** | **G** |
| | **O** | **G** | **R** |

# Lattice Theory - Phase IV

*Phase IV*



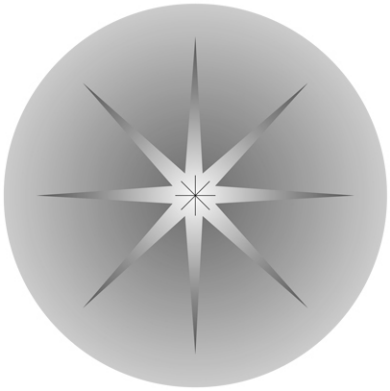

- Potential
- Hopes
- Dreams
- Wishes
- Intents
- Co-Creative Projects
- Fear or Worry

*P I-IV FC #15* EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*

# Meditation With Potential You

## Think in abstract
## Think & write - 3 things to Co-Create

## #1 Honor the History = Wisdom
## #2 Center in the Now
## #3 Communicate with Potential You
## #4 Ball of Light



## Co-Creative Cycle

# INSPIRATION

**Excitement**

**Enthusiasm**

**Drama**

**Passion**

**Interest**

**E**

**M**

**O**

**T**

**I**

**O**

**N**

# Co-Creative Cycle

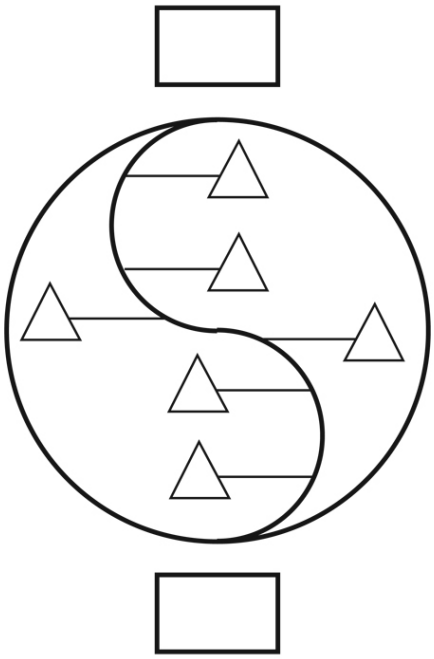
## ASSIMILATION

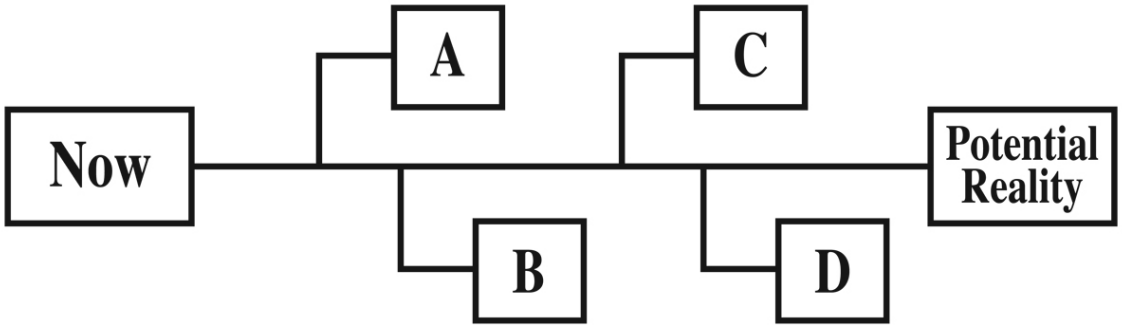
**Spiritual Tension**

**Planning**

**Automatic**

**Momentum**





## Co-Creative Cycle

*Phase IV*

# SYNCHRONICITIES

**Connections are made**

**Resources become available**

**New ideas are generated**

**New skills developed**

**Deliberate action**

**Deliberate becomes automatic**

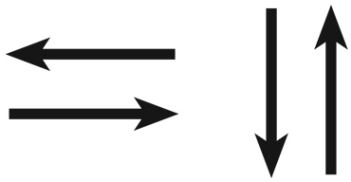
## COMPLETION

# Finishing touches

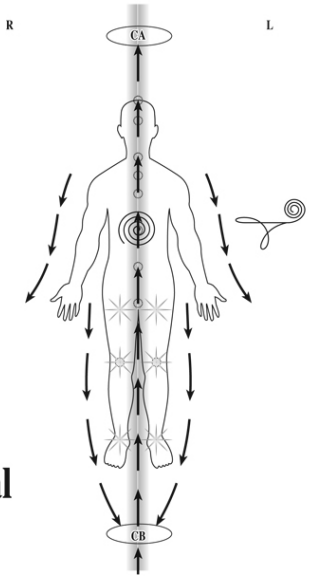
# Live with the creation

# Distance Session Symbols

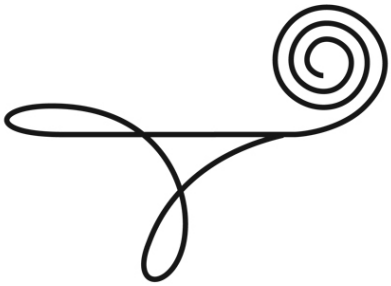
*Phase IV*



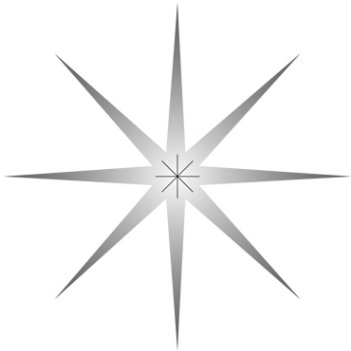
**Amplifying Energy**



**Clearing**
**(counterclockwise spiral starting at center)**



**Balancing**



**Holding Energy**

# Combination Sessions

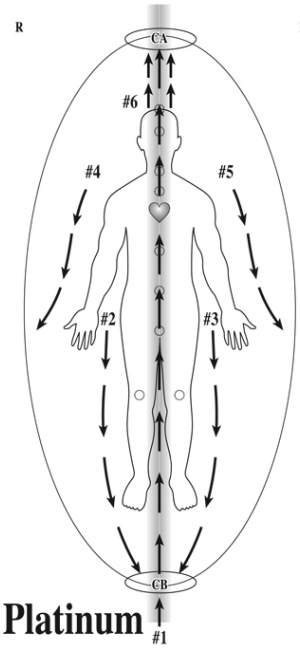
# Phases I + II

# Phases III + IV

# Phases I + IV

# Energy Session

*Phase IV*




Platinum

***Step #1:*** **Energetic Body Prep (6 movements)**
***Step #2:*** **Honoring the History**
***Step #3:*** **Centering in the Now**
***Step #4:*** **Clearing**
***Step #5:*** **Amplifying the Field of Potential**
**a) Wisdom b) Love**
***Step #6:*** **Balancing**
***Step #7:*** **Closing**

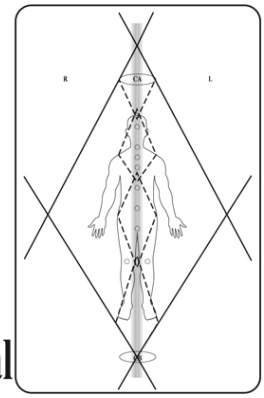
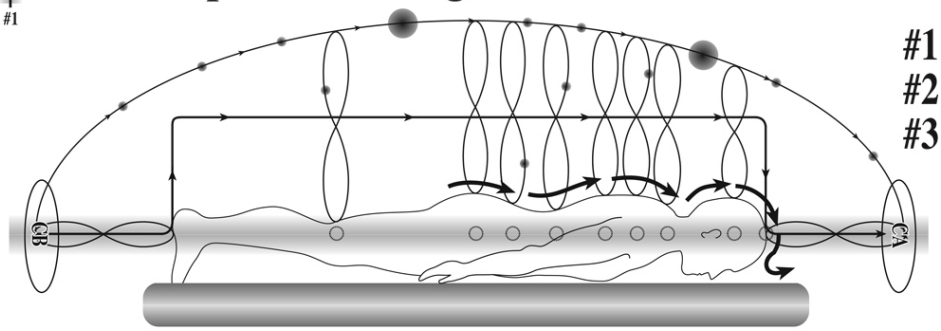



***Fig.1***

Platinum




**#1 Fibers**
**#2 Loops**
**#3 Spine**

***Fig.2***

Platinum

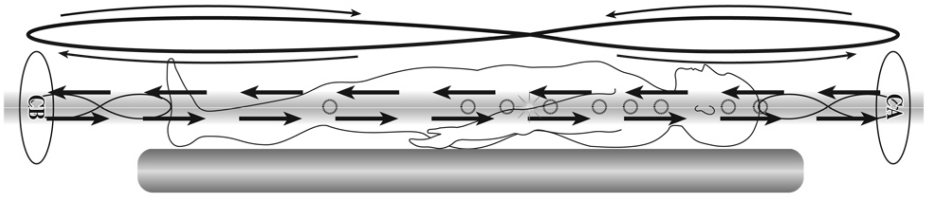
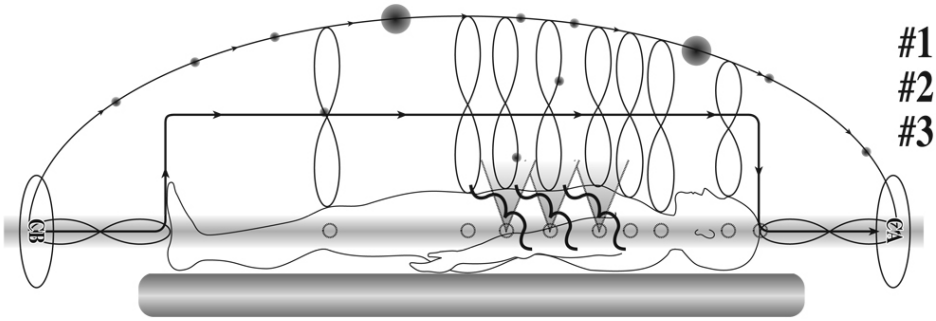



***Fig.3***

Gold + Platinum




**#1 Fibers**
**#2 Loops**
**#3 Centers**

***Fig.4***

Notes